

Step-by-Step Threesome
How YOU Can Make It Happen...For Real!

Suzy Bauer's
Step-by-Step Threesome!
CONFIDENTIAL



**The Only
Step-by-Step Manual
for The World's
Favourite Fantasy!**

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Acknowledgements

Although my husband and I have a vast experience in threesomes we knew from the beginning that our work would be incomplete without thorough research of related publications and consulting with other experienced people. I'd like to acknowledge everyone who has disclosed their secrets for me to share with you. I understand that you prefer to remain anonymous, but you'll know who you are. Thank you for helping me, help others achieve their ultimate fantasy.

I would also like to thank my husband for his love, contribution and support in writing this e-book. Most importantly, I would like to thank **you**, dear readers and congratulate you for your courage of taking your first step into exploring the greatest sexual experience ever!

A handwritten signature in blue ink that reads "Suzy Bauer". The script is cursive and fluid, with the first name "Suzy" and last name "Bauer" clearly legible.

Suzy Bauer Ph.D.
Berlin, Germany
Summer 2003

How to Use this E-book!



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“I have often reflected upon the new vistas that reading opened to me. I knew right there in prison that reading had changed forever the course of my life. As I see it today, the ability to read awoke in me some long dormant craving to be mentally alive.”

- Malcolm X

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Step-by-Step Threesome

Contemplating to write a book about a success formula on how to make a threesome happen is like contemplating to write a book on how to reach the South Pole. You get excited about the challenge, but overwhelmed by the difficulties. In 1911 *Roald Amundsen*, a Norwegian explorer was the first person to ever set foot on the South Pole. After him, others followed in his footsteps, however till this date the South Pole continues to be a land vastly unexplored. The idea of a book with a success formula on how to make a threesome happen is similarly vastly unexplored. My husband and I wondered how it was possible that there are so many people out there who's biggest fantasy is having a threesome, yet there's hardly any kind of practical information available on how to really make that fantasy become reality?! We started researching and discovered that there was plenty of information out there; however most of it was hidden in people's minds. Not much had ever been put on paper, because those lucky ones that fulfill their threesome fantasies know that once they openly express their sexual practices they'll be seen with complete different eyes by the rest of "normal" society. So, in order to avoid conflict they simply abstain from sharing their experiences and carry on enjoying their sex lives in a discrete way. In this e-book you'll find many of those never before disclosed secrets. Several people who've experienced threesomes have shared their secrets with me and obviously I've included my personal tips and experiences too. Most of the people who've helped me put this book together prefer to remain anonymous. Some of them were a bit more open about it, however, the result of this research is *Step-by-Step Threesome*; a book that will literally transform your sex life.

How can I benefit the most from the contents of this book?

I don't know how experienced you are with e-books; the great thing is that they are very practical. In a regular book, an author mentions his sources for further information about the book's subject, usually in the final pages of the book. You might mark those that are of interest to you and then later on when you are sitting behind your computer you might access them and do further research.

With e-books you're actually reading the book on your computer screen, so if you have access to the internet, you can simply click on the link and bam! The hyperlink (blue underlined letters) takes you immediately to the reference the author refers to. In this book you'll find several hyperlinks that direct you to sites which contain more valuable information that will make your job of arranging your threesome even

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easier. These sites contain information, books and other useful products; so whenever you see a hyperlink, I encourage you to click on it and find out more about the topic covered.

How is the information arranged?

The name of the book is *Step-by-Step Threesome* because I want to take you step by step. This book is useful for beginners to advanced threesome arrangers. The information is categorized as much as possible so if you already got some experience you can jump straight to the information you require. If you're a beginner, I suggest you read the entire book in order for you to really understand how to pull off the ultimate fantasy.

Stories

You'll find several stories throughout this book. Each story reveals seduction strategies that you can emulate. Understand the strategies, model them and execute them and you'll be surprised how easy it can be!

How is this book written?

Normally when you write a book you always try to talk to one reader at a time, however in this book I found that a bit difficult to do. Why? Because it is addressed to different individuals. For practical purposes I chose fluency rather than correctness. I didn't want this book to become a "theoretical" academic essay that's boring and tedious, so the book is written as if I'm having a conversation with you. Some of the things I mention are applicable to females; others are more applicable to males. The important thing is that you learn from both sides; it's always beneficial to know more about the other sex!

Seriousness and fun *do* go together

A threesome is supposed to be fun; however there are also some repercussions that need to be addressed seriously before you decide to venture on a threesome. I tried to make this book as light as possible, however there are some sections that are also handled in a more "serious" way. So, please bear with me, alright?

Foreplay

The Mystery Unfolded To Having a Threesome

Congratulations! By buying this e-book you've just made a great investment in your sex life! I guess you decided to read this because you want the mystery revealed right? Well, the great mystery is that there is no mystery. That's it! The easiest way to organize a threesome is to hire two prostitutes and *voila!* Isn't that a total no-brainer? It might be expensive but hey, fantasies have a price, don't they? You're probably thinking, well why on earth did I waste my money on this e-book? If *that's* the answer, I could've come up with it myself! By all means; don't stop reading just yet. *Do* continue because from now on you're about to read many of the mysteries disclosed to arrange your own great threesome!

There's a strong downside to the threesome example just described above. The downside is "the morning after." I've heard that for guys when the little head is awake, the big head goes to sleep. I know many guys have experienced their first and only threesome as described above. They were suddenly very ready and horny, took action and spend their hard earned money on two call girls, to later sadly realize that their fantasy was better than the reality. This discouraged them, and the "special fantasy" disappeared from their mind, never again to resurface, and even created feelings of shame. Most of these guys now believe that threesomes are highly overrated...

Three Is Not a Crowd

I certainly wouldn't like this example to become reality for you, because threesomes are by no means overrated. **A threesome is one of the most wonderful experiences human beings can share.** From all sexual variations, none so fascinates the average man and woman as much as the threesome. Just close your eyes and imagine in a blur the firm flesh, warm tongues, caressing fingers and moist orifices. The very idea is both deviant enough to be exotic but acceptable enough to be within the limits most of us draw for ourselves⁽¹⁾. From personal experience I can tell you three is the optimum number. However, three can also be a tricky number when sex is involved. In a threesome, it's easy for the energy between two people to take off; with the third person feeling isolated and left behind. It takes a good deal of sensitivity and

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awareness to deal with underlying feelings of competition and jealousy in this sexually charged situation. In fantasy, of course, everything proceeds blissfully without any problems whatsoever. But in reality a threesome is usually much more difficult to manage. Don't worry though; once you've finished reading the book you'll be a sexpert at making sure all three of you feel comfortable and intimate both emotionally and physically.

In my opinion three is the best, because when you are four, it usually breaks down into two separate couples. Beyond five persons it usually gets too crowded to maintain intimate contact for a longer period of time; everyone tries to score as many points as possible and it gets pretty tiring. The word *orgy* comes from the Sanskrit verb *to work*. An orgy is a lot of work to be truly enjoyable. Besides, three is much more practical; you don't need to move around any furniture, you don't need to do lots of extra shopping at the supermarket for food and beverages, you don't need to make any special arrangements at all; you'll fit three in a queen size bed without any problems. Three is just right!

After several conversations with many of our thirty and forty something friends, I realized that my husband and I were amongst the privileged few individuals that have experienced various threesomes. All of our friends have played with the idea, many of them wanted it to happen, but didn't know how to do it. So I turned to the internet and searched for information about threesomes and there was hardly any valuable stuff out there. All I found were either swinger sites or porno sites. I never found a "how-to" manual for threesomes. It was then that I realized that it was my civil duty to provide all of you searching souls with the solution you were looking for to make your dreams come true. Search no more... All you need to know is contained in this e-book. I'm sure you'll value the information contained in this book to be worth its weight in gold. You'll find a step-by-step guide in how to *really* make it happen. Thank you for investing in this book and I look forward to hearing about your success stories.

Dr. Suzy Bauer Ph.D.

Chapter 1

Are You Really Ready for It?



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"...A ménage à trois...an innocent and beneficial arrangement"
- George Bernard Shaw

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First Things First

The fact that you're reading this book is because you're ready to pursue your threesome fantasy. I'd like to warn you that the advice and tips you'll find here will drastically improve your chances of successfully arranging a threesome.

If you're planning to pursue a threesome together with your steady partner, I highly recommend the following:

- ✿ You and your partner **must** have a long heart-to-heart talk about jealousy.
- ✿ You need to reaffirm your love and commitment to each other.
- ✿ You need to make sure you're okay with the fact that you're going to get sexually engaged with another person.
- ✿ Confirm this is what you both want and make sure that you both agree that you're taking this step in order to fulfill a fantasy that you both share, and desire.
- ✿ Agree that what is about to happen will not interfere with your relationship.
- ✿ Promise each other that you'll work together to put on the best front possible for your guest.

The above issues must be dealt with well in advance. The "big night" is not the time to dig out old bones or to pick at each other. You have to handle it like a team. Couples may say, "Oh, let's have a threesome because it's cool," but the reality of it isn't always that pleasurable if people haven't thought clearly about what they're doing.

Are You Ready To...

- ✿ Avoid displaying jealousy under all circumstances, even if it is your first time and you might feel nervous?
- ✿ Suppress the natural possessiveness and lay aside any resentment for the attention your partner will pay to the third person?
- ✿ Realize that, if your seduction is successful, you will, probably for the first time, watch your partner make love to someone else?

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If any of these thoughts make you uncomfortable you might not be emotionally prepared for it. I suggest you talk this over until you both feel comfortable enough to proceed.

Eradicating Jealousy

Jealousy may be an issue you need to deal with when you decide to make your threesome a reality. Interesting dynamics can sometimes develop in couples new to threesomes. In order to understand what jealousy really means I need to shortly shift subjects. I'll need to explain a little bit about economics, so it'll be easy to grasp. If you look up the word "economy" in a dictionary, the definition is something like this: "*Economy* is the science that studies the administration of scarce resources." Just think about it, for a second. What is the presupposition on this definition? That the resources are scarce right? Well that's exactly what happens to us in life too; most people operate from scarcity, instead of abundance, and this simply translates into fears and insecurities.

How on earth did I learn to be jealous?

You've learned jealousy from all the people around you, including your parents. Most people have three core beliefs about relationships that are guaranteed to create jealousy even in the most sexual liberal thinking people. The sad thing is that most of us have absorbed these beliefs without even realizing it. Identifying and dismantling these beliefs in our mind and heart is the single most effective way to short-circuit jealousy. The reason why the idea of a threesome is unthinkable to many people is because they've been "programmed" this way.

Jealousy Belief #1

If my partner really loved me, he/she wouldn't have sexual desires for anyone else but me.

This belief sees any interest your partner has in anyone else as a direct reflection of how much he or she loves you. It's a quantitative view of love which equates the amount of love with the ability to be interested in having another partner. This is nuts

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isn't it? We are sexual beings and it is normal to fantasize about being with other people. Denying these feelings goes against our nature.

Jealousy Belief #2

My partner can only be interested in some one else if I'm not a good enough in bed.

This belief is even more sinister. With the previous belief you could at least blame it on your partner for not loving you enough. This belief says that if your partner is interested in someone else, it's your fault for not being the perfect lover or spouse therefore your relationship must be a failure. If you truly believe that your lover could only be interested in another partner because you're inadequate, you can see how that will generate jealousy big time!

Jealousy Belief #3

It's impossible to share love with more than one person at the same time.

This belief is built on the "scarcity economy" of love; the belief that love is a scarce resource, that only so much goes around and that there's never enough for all. If my partner gives away love (time, love, affection, sex, support) to anyone else, that means that there is less for me. This belief creates fear and uncertainty. If this belief were true, then a mother wouldn't be able to her love her first child as much after she gives birth to the second child because she would have to divide her love between two. In my eyes love is infinite, and the more you give the more you will receive.

Amending Your Beliefs

The beliefs mentioned below are connected to three primal fears and you'll need to work on eliminating these fears. It might take a bit of time and effort to adjust and to create a new set of beliefs.

- ✿ The first belief expresses a deep fear that you are not loved and will be abandoned.
- ✿ The second belief taps into insecurities and the fear of not being adequate or deserving of love
- ✿ The third belief is a fear of deprivation and being starved for love and attention.

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Think for a moment how much influence these beliefs have had in your life so far. Have compassion for yourself as you work with these beliefs and gradually replace them with beliefs that support your desire to embrace an open relationship.

Opting for a Better Set of Beliefs

Beliefs can be empowering and disempowering. You are *who* you are and you are *where* you are in your life because of your beliefs. If you want to start successfully exploring your sexuality it might be a good idea to opt for a new set of beliefs.

Enlightened Belief #1

My partner loves me so much that he/she trusts our relationship to expand and be enriched by experiencing even more love from others.

Enlightened Belief #2

Our relationship is so solid and trusting that we can experience with other people freely. My partner is so satisfied with me and our relationship that having other partners will not threaten the bond we enjoy.

Enlightened Belief #3

There's an abundance of love in the world and there is plenty for everyone. Choosing to make love with more than one person is a choice that can exponentially expand my potential for giving and receiving love.

Imagine how different your life would be if you actually had this set of beliefs instead of the previous ones. A person with this set of beliefs is not only ready to enjoy a threesome, but also ready to take their relationship to new levels of love and understanding.

Unlearning Jealousy

If jealousy becomes an issue for you and your partner, you might try working on some or all of these points:

- ♂ Solid commitment
- ♂ Good communication
- ♂ Sticking to agreements

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- ✿ Reassuring each other as to your love and commitment before and after playing with someone new
- ✿ Listening to each other's concerns and taking them seriously whenever they arise

Working on these points will eliminate jealousy a great deal, however they won't banish jealousy altogether. Being jealous is simply the way you experience certain feelings. Most people will say things like: "Oh, he makes me so jealous..." The truth is that jealousy is an internal emotion. No person or behavior can "make" you jealous. Whether you like it or not, the only person who can really banish jealousy is yourself. So if you want to unlearn jealousy you need to stop blaming and start acknowledging your feelings. Next time you feel jealous, ask yourself; what does this jealousy really mean? Suddenly a new set of answers will come to you and you'll be able to deal with jealousy in a more intelligent way.

Remind yourself that you enjoy your lover's undivided attention any night you wish. However the night of your threesome is about sharing and enjoying. Any hint of perceived competition, or "I'm not getting my share" or "you're paying too much attention to him/her," and the evening will be ruined faster than the speed of light. This may lead to developing a sense of awkwardness afterwards with the third person, and a possible quarrel with your partner.

If you make sure you and your partner are both emotionally ready before you actually get involved in a threesome, I can assure you success in taking the first step to fulfilling this beautiful fantasy!

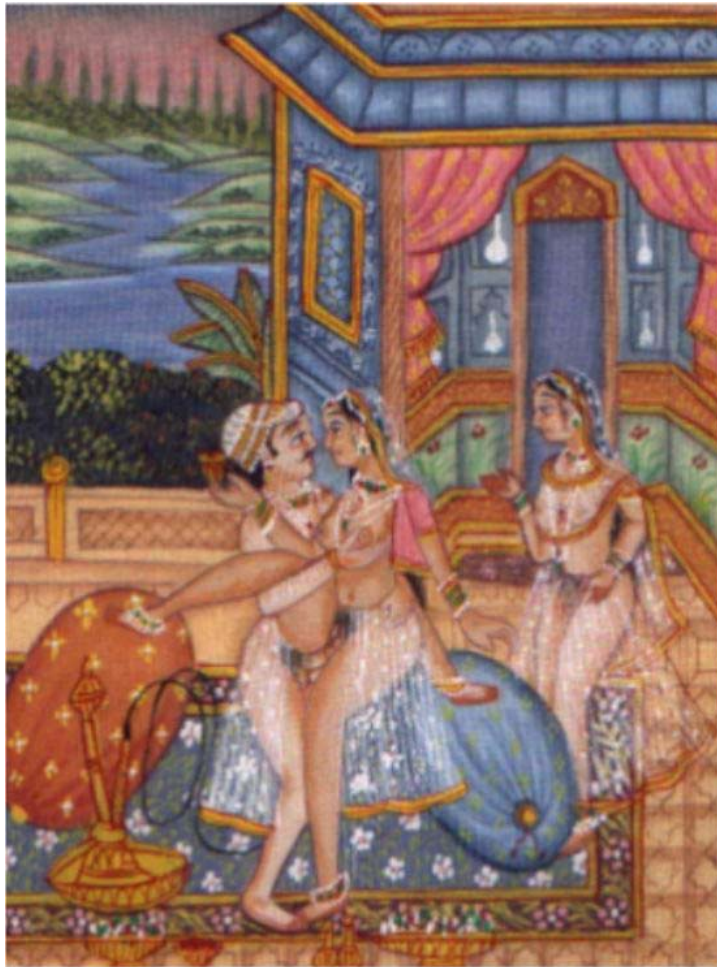
Conclusion

Robert A. Heinlein once mentioned in one of his novels that a competent and self-confident person is incapable of jealousy in anything. Jealousy is invariably a symptom of neurotic insecurity. Partially I agree with his statement, however, I would like to add that insecurity is based on obsolete beliefs. If you change your beliefs you can change your life.

***"My wife's jealousy is getting ridiculous. The other day she looked at my calendar and wanted to know who May was."
- Rodney Dangerfield***

Chapter 2

The Trio!



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*“Sex defies the laws of mathematics.
Going from one to two is a 100% increase but
The jump from two to three is 1000% better.”
- Bill Strong*

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Why Call It A Trio?

Before I get started with all the “know-how” stuff, I suggest that you get yourself familiar with the terminology in this book. In other words; I’d like you to understand what a threesome is. The most famous term to describe it is the French way: *ménage à trois*. Literally, *ménage à trois* means “household of three.” In my lexicon I’d like it to mean three lovers in one bed, although the former probably includes the latter. You don’t need a structured relationship in order to have a threesome (2). Friends (or even strangers) can enjoy a night of fun without setting up a complete household.

In other countries it is known as a *Trio*, or ‘*almohada para tres*.’ Due to my German roots, I’ve always called it by its German name *TRIO*, (pronunciation *Tree-o*) which besides sounding sweet has the best anchors for me and my husband. So if you don’t mind, instead of calling it threesome, I’ll call it a *Trio* from time to time. I’m sure that once you’re used to pronouncing it, you’ll probably start calling it *Trio* too. Besides, it’s practical because you can also use it like a code word; that way you won’t need to whisper it softly when there are others around.

Trio Combinations

There are four major combinations for a Trio:

- | | |
|------------------------|--------------------|
| 1. The Homo Trio: | Three men |
| 2. The Lesbos Trio: | Three women |
| 3. The Adonis Trio: | One men, two women |
| 4. The Aphrodite Trio: | One woman, two men |

As mentioned, the Adonis *Trio* consists of two women and one man. On the internet people who are advertising or looking for an Adonis Trio use the initials “FFM” which means: Female, Female, Male. To describe the Aphrodite Trio people use “MMF”; meaning Male, Male, Female. From the four variations I’ll only cover the Adonis and Aphrodite Trio’s, simply because I have no experience in the first two. So, before putting the Adonis & Aphrodite Trio’s into perspective, let’s indulge ourselves in a little bit of Greek mythology to refresh our memories of who these characters were.

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Aphrodite



<http://www.lunaea.com/>

In Greek mythology, Aphrodite (Pronunciation: af-roh-dy'-tee) is the goddess of love, beauty and sexual rapture. Aphrodite's charms came from her magic cestus, an embroidered girdle that, in both gods and men, aroused passion. When she wore her magic girdle no one could resist her, and she was all too irresistible already. She was sexually liberated and was one of the most unique of the Greek deities in the freedom of her sexual life. So great were Aphrodite's seductive abilities that every god desired her as his wife. Aphrodite's power over love was very influential; with a domain that included the innermost feelings of the heart and the source of human passion, Aphrodite had power unlike any other god. Clearly, Aphrodite's abilities were in fact a real instrument of power which could affect all beings. She loved gaiety and glamour and Aphrodite loved and was loved by many gods and mortals. Among her mortal lovers, the most famous was Adonis.

Source: <http://www.pantheon.org/articles/a/aphrodite.html>

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Adonis



The Awakening of Adonis by *John Waterhouse*, 1849-1917

Adonis is the central figure of a widespread fertility cult, god of vegetation and rebirth. Adonis was a very handsome young man, a beauty incomparable. Once Adonis was born, Aphrodite took him under her wing, seducing him with the help of a friend. She was mesmerised by his unearthly beauty. She gave him to Persephone to watch over, but Persephone was also amazed at his beauty and refused to give him back. The argument between the two goddesses was settled by Zeus, and the solution was that Adonis would spend four months with Aphrodite, four months with Persephone and four months of the years with whomever he chose. He always chose Aphrodite...

He died at the tusks of a wild boar, sent by either Artemis or Artemis' lover, Ares, who was jealous of Adonis' beauty. Each drop of Adonis' blood turned into a rose. Adonis was often worshipped in mystery religions. His name is frequently used as an allusion in reference to an extremely attractive, youthful male, often with a connotation of immature vanity.

Source: <http://www.pantheon.org/areas/mythology/europe/greek/articles.html>

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Aphrodisiac Aphrodite

According to *Marc Connolly* the best Aphrodisiac is variety. I tend to agree with his suggestion. As this e-book will show you how to spice up your sex life, I couldn't possibly exclude aphrodisiacs. The dictionary definition of an aphrodisiac is "arousing or intensifying sexual desire." Aphrodisiacs could also be something such as a drug or food, having such an effect. In other words, aphrodisiacs are those things that cause us - males and females - to feel sexually aroused, to desire, to become romantically excited. Aphrodisiac stems from Greek - aphrodisiakos, from aphrodisia - sexual pleasures; and especially from the Greek mythology, in which Aphrodite, was the Goddess of love and sex.

Sexual variety is also an aphrodisiac. A threesome therefore will undoubtedly be an aphrodisiac. As a friend of ours says "A Trio can be an infusion of sexual juice for any relationship." However, a threesome will hardly ever make a bad relationship good, but it can make a good relationship better. This means that in order for you to benefit from the aphrodisiac of variety that a threesome provides, you need to be either single or in a solid relationship.

You'll also need to let go of some of the prejudices that you grew up with and you'll need to understand that what your mother, minister, aunt, or other well intended folks taught you about sex, might need to be re-written in your belief system. For your information, the Latin root of the word moral: *moralis* merely means "manner, custom, or habit" and, true to its own origin, *moral* is concerned with establishing principles of right and wrong in human behaviour.

We've been taught what's moral and what's immoral. The sad thing is most of us never question it. Religious and state leaders tell us how to behave but then again we often see that some of these rule-makers and rule-enforcers are in fact the very people who most indulge in the behavior they seek to prevent from others.

We obediently obey what other people say, and we substitute it for the truth. If all these "*moral*" laws were right, we might have different results in our society don't you think? In the western world four out of ten marriages end up in divorce, two out of those four divorces happen because of cheating. We're talking of a large number of so called "cheaters" here. So what's wrong with this picture?

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The reason why people “cheat” is often because they can obtain something with another person that they can’t obtain from their partner; the “aphrodisiac” called *variety*. Often we hear the cliché “men are afraid of commitment.” Gals wake up! Men are not afraid of commitment; they’re afraid of their lives being totally taken over. In other words, they’re afraid of being “trapped.” The moral issues I addressed are good part of the “trap” that men are so afraid of falling into. Men are horny by nature and won’t stop looking at other women just because they got married. It’s simply how guys are wired; you won’t be able to change that.

Unfortunately most women have the misconception that the moment they get married and their husband wears a wedding band he’s going to stop desiring other women. As if his wedding band would hold a special effect over his willy. I’ve seen guys turning their heads almost 180 degrees, following a beautiful women passing by and then tell their partners: “Darling, being on a diet, doesn’t mean that I can’t look at the menu.” Obviously their partner wasn’t really amused with this behavior or comment.

Why struggle? Variety is a great aphrodisiac. If you’re single or in a solid relationship, a threesome can help you spice your sex life, whether you’re a man or a woman!

*“Women need a reason to have sex, men just need a place.”
- Billy Crystal (City Slickers, 1991)*

What’s a Solid Relationship?

In a solid relationship there’s security. The woman feels secure of her mate. He shows her his unconditional commitment. Partners trust each other blindly, and they know that there’s nothing in this world that can break them apart. The type of bond they share is more than a ring. They have absolutely no secrets from each other. He reinforces how much he loves her often by:

- ♂ *telling her so*
- ♂ *making her feel loved*
- ♂ *showing her that she is the most important person in the world*

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Guys, I know that you were happy to read what I was writing previously, but now it's your turn. In order for your partner to allow you to have a threesome, she needs to feel safe and secure in your relationship. And only then she might allow it. It's in your hands, and only you as a man are responsible for this.

But I'm Single!

Great, being single is wonderful too! All options are open. If you fancy a threesome and you're a single guy, don't worry, there are great tips for you throughout the book. If you're a single woman, let me let you in a secret: threesomes can be fantastic opportunities for unproblematic sex. They can also provide an opportunity for you to satisfy your curiosity of being with another woman without feeling awkward. Single women wanting to experiment threesomes are in huge demand and low supply, so your desirability almost doubles when you are open for it.

Now if you are a single guy, I have to be straight with you. It's more complicated to arrange a threesome being single than when you are in a relationship. The reason being that you'll need to recruit two women.

However, even though it's going to be a bit more difficult, it's certainly possible. You'll find a wealth of information and great examples of single guys arranging for threesomes that you can learn from them. So please do not lose faith just yet. As long as you can understand the psychology of a threesome you will be miles ahead of the crowd in arranging a threesome as a single guy.

The Aphrodite Trio (MMF)

Some people believe one woman and two men is the ultimate arrangement and, indeed, to many women it can be heaven. A woman has the ability to sustain her arousal much longer and some women even enjoy multiple orgasms which can be really thrilling. The natural competition between men can lead to marathon sessions as the males attempt to prove their superiority technique, ingenuity and endurance. In addition to multiple single penetrations, Aphrodite's can afford the unique opportunity for simultaneous doubles that one man, no matter how skilled, will be incapable of providing.

Perhaps the main attraction for some women is that being the centre of male attention is what defines the consummate state. During an Aphrodite Trio (MMF) the

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three people can enjoy what is called in the porn world a 'DP' or *double penetration* which is one of the most exciting and intimate acts you can share with somebody, due to the closeness of the three people. All of us who have enjoyed this incredible pleasure can testify of its uniqueness.

The Adonis Trio (FFM)

As you can imagine an Adonis Trio makes a man feel like, well, of course, Adonis! With two women to pleasure him, his libido is more than doubled and is raised to extraordinary new levels. To a true hedonist, nothing on this earth compares with an Adonis Trio. It's very important that you understand the meaning of the word *hedonism*. According to Webster's Hedonism comes from the Greek word hEdonE (*pleasure*); akin to Greek *hEdys* (*sweet*); in other words "sweet pleasure." Hedonism is a doctrine that states that pleasure or happiness is the sole or chief good in life. By now I guess you can imagine that my husband and I are both true hedonists, and we'd like to invite you to become a hedonist too.

What's the difference Between an Adonis and an Aphrodite Trio?

There's something very important you need to understand between the Adonis and the Aphrodite Trio. As mentioned earlier, an Aphrodite Trio (MMF) is a very pleasurable and unique experience; however, there is rarely any interaction amongst the three persons. What usually happens is that the two guys mainly concentrate in pleasuring the girl and are not involved with each other at all.

In the Adonis Trio (FFM) however, the strong tendency is that the three of you will be interacting with each other. This is the main reason why an Adonis Trio raises the excitement even higher than the Aphrodite Trio (MMF). So if you read between the lines, you can probably guess that there's a degree of 'bisexuality' involved here.

"It takes three to make love"
- Bishop Fulton J. Sheen
Way Out of Context

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Sex Symbols

Sex Symbols are common astrological signs handed down from ancient Roman times. The pointed Mars symbol represents the male and the Venus symbol with the cross represents the female. Double interlocking male symbols have been used by gay men since the 1970s. Double interlocking female symbols have often been used to denote lesbianism. Triple interlocking symbols denote threesomes. An Adonis threesome (FFM) is represented by two crosses on top and one arrow below and an Aphrodite trio (MMF) is represented by two arrows below and one cross on top.



Sexual symbol
Aphrodite Trio (MMF)



Sexual symbol
Adonis Trio (FFM)

The Threesome Hall of Fame

Although a threesome is the most popular fantasy for both sexes, people are still afraid of venturing into it because they know little about it and don't know how to make it happen for themselves. A question that pops up in their minds frequently is "who else has done it?" Unfortunately, the answer to that question is not as readily available as we'd like. As mentioned earlier, people who've experienced this wonderful pleasure prefer to keep it quiet for many reasons however, there are also people who also feel very confident about their sexuality and have no problems sharing it with the world.

In my search for information on "who else has experienced it" I found a book called *[Three in Love: Ménages à Trois from Ancient to Modern Times](#)* by Barbara Foster, Michael Foster, and Letha Hadady. In their book you can find a display of prominent figures that had consensual relationships and threesomes. Their research is fascinating and I thoroughly recommend you to read it. I thought it would be pertinent to display a "Threesome Hall of Fame" that will show you that this fantasy has been enjoyed by many famous people too.

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Threesome Hall of Fame

Admiral Horatio Nelson	Salvador Dali
Giacomo Casanova	Voltaire
Jean Baptiste Poquelin (Moliere)	Pablo Picasso
Emma Goldman	President Francois Mitterrand
Jean-Jacques Rousseau	George Bernard Shaw
Alexandre Dumas	Aldoux Huxley
Admiral Lord Louis Mountbatten	D.H. Lawrence
Oskar Schindler	Bertrand Russell
Jean Paul Sartre	Marlene Dietrich
Simone de Beavoir	Greta Garbo
Henry Miller	Cary Grant
Lawrence Olivier	H.G. Wells
Virginia Wolf	John Maynard Keynes
Denise Richards	Ernest Hemingway
Angelina Jolie	Neve Campbell
Matt Dilon	

*“When authorities warn you of the sinfulness of sex,
there is an important lesson to be learned.*

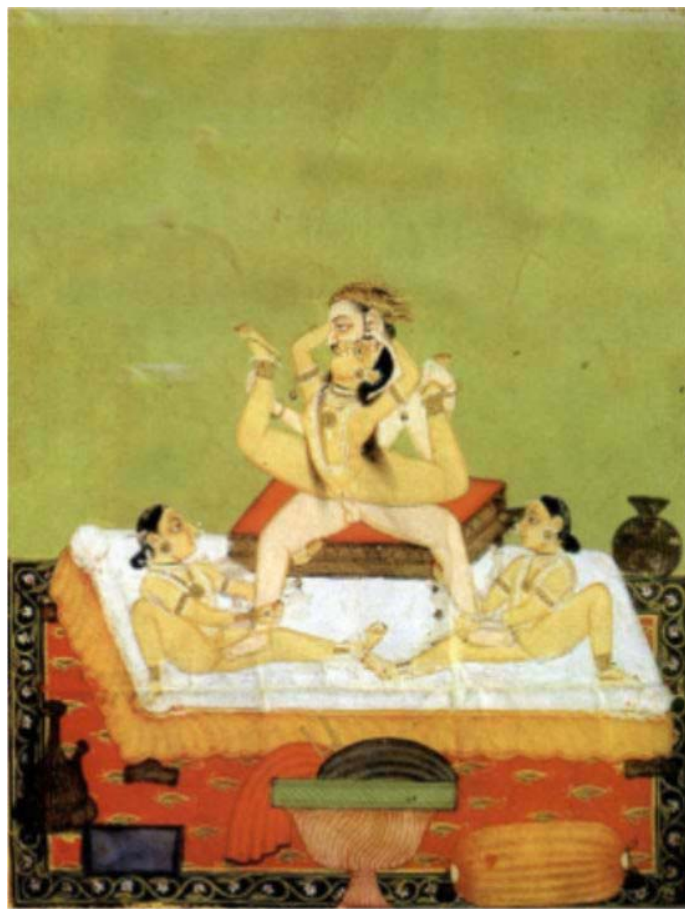
Do not have sex with the authorities!”

- Matt Groening

Basic Sex Facts for Today's Young folk

Chapter 3

What Has Psychology Got To Do With A Threesome?



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*“Sexuality is the great field of battle between biology and society.”
- Nancy Friday*

Is There Psychology Involved?

More than you think! The fact that you're reading this book means you understand the wonderful possibilities of a Trio. It probably also means you haven't been as successful as you'd like to be in making the ultimate arrangement happen. One is forced to wonder why, when there is so much demand, there is so little supply? The sad answer is that a multitude of forces are determined to prevent you having fun.

Anyone who has ventured far beyond the narrowly defined bounds of "socially acceptable behavior" realizes society applies considerable pressure for everybody to stay in line. In Australia this is known as the *tall poppy syndrome*; any blade of grass that grows more than the others will highly likely be chopped off first. In Japan they have a saying that says; "The tallest nail will be the first one to be hammered down". And in The Netherlands there is a similar saying: "Tall trees catch a lot of wind." You can probably think of similar sayings you've heard before. What it all boils down to is that we should avoid standing out and keep our behavior in line with everyone else's so we will be accepted by society.

Richard Bach, captures this concept beautifully his book [*Jonathan Livingston Seagull*](#). In his book a seagull called *Jonathan Livingston* discovers that he can fly higher than any other seagull has ever flown before. Excited by his discovery, he returns to the flock to tell them about his accomplishment. However the flock isn't thrilled about his discovery at all. They are actually upset with him because he broke the rules of the flock and decide to outcast him from the flock of seagulls. Disappointed and lonely at first, Jonathan decides to continue his search of joy and perfection alone. Until one day he finds a new flock of like minded seagulls that take him to a new understanding of the world and teach him to fly at altitudes he never even dreamt of.

The content of this e-book will certainly be disapproved of by the "flock," so if you continue to read, do so at your own risk, because your new discoveries won't be understood by your "flock." Then again, in my experience the "flock" has not shown me many ways how to enhance my life let alone in the sexual area. You're reading this book because you're open minded enough to know that there's much more to life than meets the eye. In other words you want to experiment, and your curiosity attracted you to this publication.

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Social Conditioning and Hypocrisy

Because of the way we've been conditioned by society, religion and obsolete traditions, it's not uncommon to see eyebrows rising every time the subject of sex is raised. We've been conditioned and indoctrinated to think in one way or in another, according to tradition and ancient beliefs. Certainly a threesome lies outside society's sanctioned borders; therefore, biology, psychology, society and religion all fly in formation to spoil your quest for the ultimate Trio pleasure.

As a hedonist I'm sometimes bewildered by how hypocritical and twisted society is. I remember being a youngster in the early eighties, going to the cinema to see the film *The Blue Lagoon*. As I wasn't sixteen yet, I wasn't allowed to go in. However years earlier, being only twelve, I was allowed with a couple of friends to watch *The Deer Hunter*, which together with *Full Metal Jacket* and *Born the 4th of July* are according to me three of the most violent movies I've ever watched. I don't know about you, but I'd rather have my children watch *The Blue Lagoon* where they learn about love, romance and see a bit of nudity, than a movie that's violent and has lot's of gore and explicit footage. What message are we giving to our children? It seems that in today's society it's perfectly okay for children to grow up watching violence, murders and massacres; however nudity and people making love are "dirty" things to watch...

I also remember when in the mid eighties the film *Summer Lovers* with *Daryl Hannah*, *Valerie Quennessen* and *Peter Gallagher* first appeared. It was a beautiful movie and for the first time in my life I was presented with the possibility of a Trio. I loved the idea, but of course when I mentioned this to others, they didn't hesitate in showing their disapproval. They were saying it was immoral and corrupt! As you can understand the odds of making a threesome happen are against you. But don't worry; I'll help you reversing those odds!

The Biological Differences between Guys & Gals

Before you can fully understand the psychology of a threesome, I must take you back to biology class, (I promise to make it as interesting as possible so you will not get bored okay?) Human biology is the basis of what drives the sex urges in humans and it determines how those urges differ in men and women. Our primary lesson is that males and females of all species are genetically instructed to replenish their

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population. This is programmed in a part of the brain that is commonly known as the *reptilian brain*. It's called like that because its existence is recorded already in the primitive, reptile ages. The reptilian brain is our "fight & fly" brain, our instinctive brain, in other words; the part of the brain responsible for survival. One of our survival instincts is reproduction; therefore sex is also programmed there.

Primitive Times

While both sexes are striving for the same goal they employ entirely different strategies. Therein lays the clue. Let's look at how it was in primitive times. The male strategy was trying to attempt to inseminate every female in sight. His physical investment was small, a little bit of sperm, a precious few minutes in the act itself and off went the man to his new pursuit of the next available female. The male indiscriminately and promiscuously mated and procreated hundreds of infants without any biological punishment. However the female strategy was a lot different. In addition to the physical burden and the dangers of pregnancy and birth, the few infants a female reproduces in her lifetime came at a great cost and risk to her own survival. She couldn't afford indiscriminate mating with everyone who would have her. A female had to maximize her pregnancies by being selective.

As you can see our genetic codes already restrict us from being the same sexually. Luckily things have changed dramatically since the arrival of birth control, but those ancient survival instincts still creep around deep within the human psyche, influencing the way men and woman interact.

Modern Times

In the modern world, when a guy meets a desirable gal, he still feels this ancient biological need to spread his genes into future generations, his genetic code instructs him that he needs a female in order for him to establish their genetic perpetuity, therefore a man accepts to commit to her so she can provide the off spring from his genes. For a woman things are a bit different. Regardless of whom she mates with, all her pregnancies ensure her genes will survive into the future. If given the choice men will choose exclusivity rather than permanency, because they genetically know that if the woman doesn't stay with him his genes will not survive into the future. The woman on the other hand is aware that she'll require a lot of help to raise the child so if given the choice women will choose permanency rather than exclusivity.

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In Latin American countries it's not uncommon to see a married man having another relationship on the side. In most cases the wife is aware of it, but keeps silent to keep the husband. In the Arabic world for instance, it is not uncommon to find a wealthy man having two or even three wives. This is allowed as long as the three of them are provided for equally. So bound by their inbred biological roots, modern men and women are still driven to approach sex and relationships much as our ancestors did. In today's society, a woman will share her man with another woman more readily than a man will share his woman with another man. (Later on you'll learn how this can work to your advantage).

Fear of STD's & AIDS

To top it all off, we live in a world where the threat of STD's (Sexually Transmitted Diseases) is on the mind of almost everyone; specifically the fear of AIDS. As I'd like to avoid this book becoming too clinical, I won't continue telling you more on these topics; however I recommend that you read the book: [*Inventing the AIDS virus*](#) by Peter H. Duesberg. His book will help you understand how erroneous the masses are about AIDS. I don't want to go further into this topic but remember that as a good rule of thumb we can pay attention to what a wise man once said; "Fear only springs of ignorance." However, this doesn't mean that you should not be careful. Exercise good judgment and use your brain to make sure you have safe sex. Apart from AIDS there are around 20 different diseases that can be transmitted sexually. The good thing is that all STDs can be prevented, and many STD's can be cured by accurate diagnosis and early effective treatment, however if you don't know what they are, how they can affect you, and how you can prevent them you are indeed at risk.

Unfortunately society has associated STD's with guilt, shame and sin. Infected people often avoid seeking treatment because of social or parental disapproval. "*Nice people especially nice girls are not supposed to get STDs*"; they say. Unfortunately they do get it, and usually from nice guys. Anyone who is sexually active or likely to become sexually active should have a good understanding of STD's. It's the only way to a healthier sexual life. I suggest that if you want to join a new flock of individuals who already expanded their sex lives to new heights, you need to become a responsible individual and learn about STD's or venereal diseases as they are also called.

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Here are two recommended books on the topic of STD's:

1. [*Sexually Transmitted Diseases*](#) by Lisa Marr
2. [*What You Always Wanted to Know About Safe Sex and STD's*](#) by Ronald A. Hagen

The “R” Factor

Before I move on, I need to deal with the last obstacle in order for you to make your threesome a reality and that is something I call the big “R”. In other words: Religion....

In some cases this obstacle tends to be a big “but” in people’s minds. According to many religions, the only valid reason for sex is to procreate. Just imagine what many people will say if they would even know that you are planning a threesome. You’d probably be accused of having no morals, being corrupt or having no shame. Let me explain something to you; fear shouldn’t be a reason to keep you from following through your dream... You must understand that these people have a specific model of the world, determined by the beliefs that were instated in them since they were little. A threesome is far beyond their boundaries; however there’s no reason for you to disclose your sexual desires to anyone right? Perhaps you were raised with a strict religious upbringing and you’re debating in your own thoughts if this “sin” can be erased by penitence. Believe me; you’re not doing anything wrong! If you would have been brought up in an environment where nudity and polyamory was the norm, you’d not be even debating the issue. The fact is you weren’t, however this doesn’t mean it’s wrong! I remember once seeing a bumper sticker that read: *Nothing is true, everything is allowed*. Somehow I have a stronger tendency to believe this philosophy more than the philosophy of *nothing is allowed*. I believe very strongly that as long as you don’t hurt anyone else, you should be able to enjoy life at its fullest. It’s not that I’m against religion; however I have a tendency to question its purpose. So once and for all, if you have any fear of “wrong doing” or “what people would think if they’d find out,” now is the right time to let go, because it’ll just be an obstacle in your quest to fulfill your ultimate fantasy.

Many people know that my husband and I have fulfilled our fantasy and obviously after writing this book more and more people will know about it. Remember, the fantasy of a threesome is shared amongst a vast amount of the population, so people

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look at us in a brighter light of respect and positive envy because my husband and I have accomplished to pull off many threesomes during our time as a couple. So, once again we both encourage you to let go of that fear. Remember, sex is supposed to be fun; it's not supposed to be a duty as many religions would like you to believe!

***“We shall never be able to experience sex as play
until we stop taking it so seriously.”***

-Frederick Kirschenmann

Sex as Play, “The Christian Century”, July 31, 1968, p. 967

Matrix Reloaded

I remember anxiously awaiting the premier of the film *Matrix Reloaded* early 2003. I was strongly captivated by the first *Matrix* film and its message. As you possibly recall, the *Matrix* is basically a simulation that creates the “reality” that has been put over our eyes to blind us from the truth. The truth is that we are slaves of our own mind and traditions. It was interesting for me to see in *Matrix Reloaded*, that what in the film is called *Zion*, a city where everyone is already awakened, group sex and multiple partner interaction seems to be normal. I hope that you'll let go all your prejudices and worries about the “right or wrong” issues of a threesome. In other words; you'll let go of the conditioned way of thinking and you'll once and for all be open to the real pleasure of being a true hedonist.

In Ancient Times Sex was not Complicated

For generations many of us have been conditioned to think that sex and love cannot be separated. The truth is that although they could be interwoven doesn't necessarily mean that they can't be separated. **It is possible to have recreational sex and there's nothing wrong with it.** Throughout history erotic rites like spouse exchange, threesomes, foursomes, whole cities pouring into the streets in libidinous revelry, naked dances and orgies have been used for means like celebrations of fertility or as an annual blowing of steam.

An example of these erotic rites can be found in most ancient cultures. One of the most beautifully preserved examples is the temples of *Khajuraho* in India.

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To find more information about these sculptures and temple go to:

<http://www.ekhajurahotourism.com/>



Each year thousands of people come to the temples to celebrate *Mahashivratri*. For them *Khajuraho* is not a tourist destination, it is a place to see erotic sculptures. This shows the gentle spirit of their pilgrimage. The erotic sculptures are a metaphor of the union of *Shiva* and *Parvati*, the marriage of two cosmic forces, of light and darkness, sky and earth, spirit and matter.

Erotic rites were also common in Canaan when God made His covenant with Abraham. As late as the 1940's "extra-mate ship liaison" was an approved custom in nearly 40% of cultures studied throughout the world-from the Andes to the Kilimanjaro, from the Arctic to the Arabian Peninsula. Nowadays we know that these rites of shared erotism combine two important biological drives of us humans; the drive to seek long-term partners for raising children, and the equally powerful drive for genetic and sexual variety.

Over the years shared erotism has gone from a pleasurable experience without any emotional complications or regrets, to a shameful act. My question is: how did that happen? The history of sexuality over the past three hundred years has been a history

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of repression forced upon us using shame as a tool of manipulation. Sex, except for the purpose of reproduction is still taboo, and unless we liberate ourselves from those thought we will never fully experience newer heights on sexuality. The only way to liberate ourselves from this repression, according to this hypothesis, is to be more open about our sexuality, to talk about sex, and to enjoy it!

***“Being sexually liberated has nothing to do with overthrowing society-
although that’s not such a bad idea.”
-Robert McGinley***

How can I let go of my negative beliefs about sex and start enjoying myself?

In most cases your success or failure on accomplishing a successful threesome is directly proportional to your ability to let go of that feeling of guilt that you’ve so strongly been conditioned to have. Perhaps you have the desire and you fantasize about it, but you also have your “conscience” to deal with. Let me demystify something for you. The “conscience” theory we’ve been taught has been wrongly interpreted. Your conscience is simply your *awareness mechanism*. Obviously you’ve been strongly conditioned to think that a threesome or group sex is wrong, and this is why you might feel that what you fantasize about is wrong. My question here is who has implanted those beliefs in you? Think of all those people who might think that your fantasies are wrong? You’ll quickly begin to realize that these individuals are not exactly examples of open-mindedness. In other words, they’re basically the guardians, the “*Agent Smith’s*” of the sexual matrix.

If you’ve got a lot of mixed feelings and think you’d like to read more about this topic in order to avoid feelings of guilt, I highly recommend you read [*Conversations with God Book 2*](#) written by *Neale Donald Walsch*. All his books are great, but especially in *Book 2*, the subject of sex is described in wonderful way and will help you understand more about human sexuality. In his books, *Neale* has a talk with God and asks him all sorts of questions; also sex related ones. I recall a segment in the book where God mentions to *Neale*, that the human race has got it all wrong. They use the same four letter word to describe the height of their passion and the very same word is also the biggest insult. So, once again, if you’d really like to make your threesome happen, you need to let go of your mixed feelings and start really believing that sex is a gift that humans have. Instead of something thinking that it’s

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solely for procreation and that we should be ashamed of it, we should celebrate it! My intention with this book is to give you all the tips and information you need be able to realize your threesome, enjoy it tremendously *and* feel emotionally good about it afterwards!

Conclusion

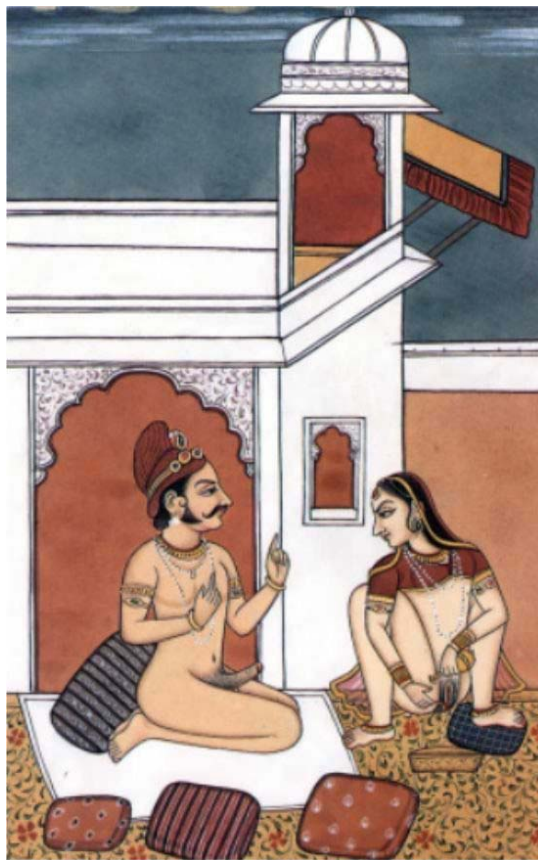
All our tendencies, instincts, impulses, requirements, hopes, thoughts, cravings, desires, burdens, traditions, morals, ethics, decrees, principles, laws and superstitions comprise the secret ingredients for today's sexual salad. So dip a serving spoon and fork into the bowl and, depending upon where you scoop, you may come up with any combination of bits and pieces, chopped, diced, ragged and unevenly distributed. The good news is that this volatile mix contains virtually something and someone for everyone. The bad news is these same factors will hinder your search for a Trio. As much as the idea may appeal to you, sexual hedonism is not the accepted norm. Your attempts to arrange your threesome must be planned with all the above obstacles recognized and prepared for. No matter how free society may appear to have become, the vestiges of our past work against our attempts at nirvana. Nevertheless, the evidence clearly shows that some of us are finding the norms and conventions of polite society too restricting.

One final warning: after understanding all the barriers just outlined there remains just one question to be answered...How do you really make it happen? So get ready, sit down comfortably to read this and pay attention. One final warning: if you're a guy, you might get a "boner" once in a while so we suggest that you wear comfortable pants while reading; as a girl, hopefully your vivid imagination will make you moist. Before I begin with all the nitty gritty there's one more thing I need to remind you: I'm writing this book together with my husband. Now; why is this relevant to you? For obvious reasons, it is easier to arrange a threesome if there are two people recruiting one more, rather than one person trying to recruit two. However, if you're single; there is still plenty you can learn in this book! The most important thing is to understand the psychology behind it. Remember in life eighty percent is psychology and twenty percent is mechanics. You'll gain tremendous insight in making your ultimate fantasy come true!

"Never let your sense of morals keep you from doing what is right."
- Isaac Asimov

Chapter 4

How Can I Persuade My Partner?



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*“We are all faced with a series of great opportunities,
brilliantly disguised as impossible situations.”*

- Charles Swindoll

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Persuading Your Partner

Once you've decided to let go of all the negative beliefs about sex you inherited, you are ready to move to **Step 1** to make your fantasy a reality. Persuading your partner... Let's face it, most threesome initiatives are started by males. There are exceptions of course, however in the vast majority of cases it's the guys that come up with the idea... If the female is the one with the initiative or if both of you are convinced about pursuing the threesome fantasy, you're one step ahead. However if you'd like to experience a threesome and you've never discussed it with your partner, you might need some guidelines to help you persuading her into participating in your fantasy. The first thing that you've got to take into consideration is that women place high values on the pair-bond. Women are very apprehensive of anyone and anything threatening the health and longevity of the relationship between her and her partner. For most women, a threesome carries risks she's not eager to accept. **The first giant obstacle you'll face will be to overcome her insecurity.**

Female Insecurity

Besides the social conditioning she was raised with, there are some obstacles that need to be cleared before she can be enthusiastic about inviting someone else into an intimate session.

- ♂ Any woman who truly cares about you worries about the relationship, with all the classic fears and uncertainty about your love. You have to understand that she often asks herself; "Does he love me fully?"
- ♂ "Does he love only me?"
- ♂ "Does he really like me the way I am?"
- ♂ "Am I woman enough to keep him satisfied?"
- ♂ "Will he leave me for a younger/firmer/prettier woman?"

Filled with uncertainty and jealousy she will defend her turf against all possible threats. **The only responsible person to ease the above mentioned issues is the male in the relationship. Happy, secure, confident women aren't very jealous.**

***"My husband and I have never considered divorce...
Murder sometimes, but never divorce."
Dr. Joyce Brothers***

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What Behavior Triggers Her Insecurity?

If your partner is jealous, the root might stem from your own behavior. If you recognize yourself in some of this behavior, your partner has every right to feel insecure about your relationship:

- ♂ You've frequently expressed your dissatisfaction about her
- ♂ You constantly criticize her and never compliment her
- ♂ You flirt with every cute woman you see
- ♂ You stay out all night from time to time
- ♂ You've habitually expressed your discontent with your life and your relationship
- ♂ You only touch her while having sex and you don't express your love often
- ♂ You've threatened to leave her

Any of these types of behavior will rapidly turn into insecurity, resentment and a constant jealousy. The insecure woman's worst nightmare is another female in her life and the last thing she'll do is invite another woman into your bed.

Remember: your partner has to feel very secure of your relationship before she grants you a threesome. So make sure you never threaten your relationship. It doesn't matter how angry or upset you become. She needs to know that you guys are an item and nothing will ever break your bond.

Female Security is the number 1 Point of Consideration

If you want her to be sexually confident, you must work very hard to make her secure in your love. If you're serious about taking your sex life to a level where a threesome can occur you'll need to make your partner so happy, so positive, so confident and so secure in your love that she's unafraid to share you with another woman.

What can I do to make her feel secure?

- ♂ Compliment her and show her how much you love her on a regular basis. Write her a loving card, buy her flowers, cuddle up with her on the sofa, whisper in her ear how beautiful she is; there are lot's of small things you

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can do that have major positive impacts. Feeling loved, accepted and secure are powerful female aphrodisiacs. She'll be much more loving if she feels you're happy with her.

- ✿ Avoid silly remarks about her looks at all costs, especially if they're things that she cannot change. Avoid telling her that she's fat. Instead of making negative remarks, try to compliment her as often as possible.
- ✿ Don't flirt with her friends unless you've got her approval. If she believes your threesome is just a devious plot to bonk her best friend, you've got no chance of ever pulling it off.
- ✿ Before you tell her about your intentions of having a threesome, you must be sure she's certain that a threesome isn't threatening her relationship with you.
- ✿ Work on the steps as outlined in chapter 1 *Are You Really Ready for It?*

Step by Step Persuasion

It may very well be that your lover fantasizes about a threesome too, but has been afraid or embarrassed to admit it. Contrary to men, women seldom speak to the point and often beat around the bush before telling you what they actually want. If you want her to talk about her fantasies, you can encourage her by:

1. Listening to her. Magic words for women are "Interesting, please tell me more." Then all you need to do is shut up, listen and learn.
2. Being supportive of her opinions and ideas. If you criticize or invalidate her, she'll not reveal her private thoughts.
3. Affirming that you consider all her desires to be perfectly normal. Acknowledge her fantasies.
4. Making her more receptive to your fantasy by assuring her that bisexual desires don't depreciate her value as a lifelong partner. Tell her that diverse fantasies make her more interesting, alluring and captivating as a sexual partner.
5. No pushing her into something that scares her. Allow her to become accustomed to the idea. Let her explore the thoughts with you. Women work out their problems by discussing them; encourage her to talk to you.

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Using the Right Words

Females are much more finely tuned when it comes to using the right words. A common mistake males make when attempting to persuade their partners is to use the wrong the words or the right words at the wrong time. For example, if she fantasizes about having a threesome with a male friend, insensitive guys ask things like: “Would you like to suck his cock?” or “Would you like to feel his dick up your ass?” This is a normal thing to say for a guy, but I can assure you that this type of vocabulary is not appreciated by women. If she mentions that she fancies a threesome with a female friend, an insensitive guy might be silly enough to ask “Would you like taste her pussy?” or “Would you like her to suck yours?” These kinds of comments go too far, too fast, too soon. In some cases, I know of guys disclosing their fantasies saying things like this: “I’d like to have sex with two women at once.” As you can imagine this won’t go down so well with her. It’s always better to say: “I’d like to share you with another woman.” This confirms you’re not replacing her and she’s still the center of your world.

One very important point: when she asks you, who would that woman be, your best bet is not to mention any name. Tell her the choice would be hers. This removes any suspicion that you have already done “research” on your project and eases her fear that you want someone she doesn’t like. Besides, this’ll also get her involved in the process.

Popping the Question

As you might now by now, the Adonis Trio (FFM) will very likely involve some bisexual activity. **If you don’t know how your partner feels about bisexual activity you need to do some proper groundwork before popping the question.** Unlike men, women hardly ever feel uncomfortable about sharing what they find attractive in other females. Females are voyeurs by nature. Just look around and you’ll see that there are more females inside women’s magazines than in men’s magazines. This is something that can work to your advantage.

Probing questions will always let you know how your partner feels or what she finds attractive. For example, when she’s looking at a magazine or a movie, you can ask “Do you find her attractive?” or “What do you think of such and such girl?”

One of the things you can do before popping the question is to expose her to some female bisexual activity. Start off slowly by watching a low erotic (not XXX!) video

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that contains a bi-theme or scene. Watch her reaction but keep your mouth shut. Just let her get used to women making each other happy. Afterwards, ask her what she thought of the movie. Below you can find a list of directors and production studios that will do classy, erotic, female friendly porn. Feel free to click on any of the links to order their videos.

[Andrew Blake](#)

Stylish films for couples

[Candida Royalle Films](#)

Emphasis on women's experiences

[John Leslie](#)

Intelligent & arousing films

[Michael Ninn](#)

Classy modern director

[Paul Thomas](#)

Superior film making

Conclusion

Being both convinced that you would like to pursue a threesome is critical. The rest of the book will be “*off the wall*” to you if you are uncertain about this issue. From the moment you’ve cleared this issue, arranging a threesome will be a piece of cake.

“Don’t wait. The time will never be just right.”
- Napoleon Hill

“Why is it that whatever we touch we turn into a problem?
We have made God a problem, we have made...living a problem,
and we have made sex a problem. Why?
Why is everything we do a problem, a horror?
Why are we suffering?
Why has sex become a problem?”
-J. Krishnamurthy
The First and Last Freedom

Finding Candidates



www.artoflegendindia.com

"Only he who attempts the absurd is capable of achieving the impossible."

- Miguel De Unamuno

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Who is Who in a Threesome?

To avoid confusion I'd like to clarify who each character is on a threesome:

Character One & Two: The seducing couple

This can be a couple like me and my husband, a couple that's already in a committed and loving relationship. The possibility also exists that the seducing couple merely has a sexually friendly relationship, that they're kind of "fuck buddies." In any case I'll be referring to both types of couples as the "seducing couple."

Character Three: The invited friend

The invited friend is the person; male or female joining the couple in a threesome. This can be a close friend or a stranger; a "friend you just met."

It's important to understand these terms because as you'll find out in the following pages, making a threesome happen requires teamwork. It requires the couple to be accomplices of each other; in other words '*partners in crime*'. A threesome should help you unite, not separate you.

Leveling the Playground

Unfortunately arranging a threesome tends to be an unequal affair. What does this mean? Well simple. Single females are the ones that can pull a threesome the easiest. Whether it is an Adonis Trio (FFM) or an Aphrodite Trio (MMF), single girls can make it happen in a heart beat. As you already know, the mechanics are simple; as long as single girls understand the psychology they can easily seduce a couple or seduce two guys. Next; for a couple it's relatively easy to arrange for an Aphrodite Trio (MMF) and a bit more complicated to arrange for an Adonis Trio (FFM). However recruiting one person is always easier than recruiting two. A single male will be able to pull off an Aphrodite Trio (MMF) relatively easy, but an Adonis Trio (FFM) will be the harder to arrange, because of the difficulty of recruiting two females. It will be the hardest but certainly not impossible. It requires some extra charm, skill and boldness. Therefore I believe it's appropriate to start this section with most challenging one to arrange: The single guy recruiting two ladies.

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Antoine's Plan

A friend of mine, I'll call Eveline to keep her privacy, contributed this story. I wanted to share it with you because it's a clear example of how a single guy can arrange a threesome. If you're a single guy, read it carefully and make some notes on the strategy Antoine used to seduce two gals.

Eveline attended a business convention in Nice, France and like in most of the conventions she had participated; she thought it was a lot of fun to meet other people involved in her line of work. The most fun was going to dinner and getting to know other people, making friends, and contacts. On the third day of the convention, Eveline met Monique, who happened to work for one of her competitors; she also met Antoine, who worked for one of the vendors. Eveline and Monique met, quite by accident, in the elevator, and they liked each other right away. Monique is quite lovely with almond shaped green eyes, long, flowing brown hair, and a wide, soft mouth that screams sensuality. She's tall, with a beautiful figure. By contrast, Eveline is only five foot four, 100 pounds, short brown hair, and blue eyes. They made an interesting pair as they walked around talking with various groups and attending the conventions.

Monique suggested having dinner with Eveline, and she happily agreed, thinking that it could be helpful to get to know her competitors better. They went to a really nice restaurant, which was rumored to have exquisitely good Nouvelle Cuisine. While waiting in the lounge for a table, Antoine came over and they invited him to sit with them. They both remembered him from his seminar presentations, they remembered his good sense of humor and how he had them laughing in no time. When they heard that he was dining alone they invited him to their table, and Antoine felt honored to share his dinner with two good looking girls.

After dinner, the three of them walked back to the hotel, enjoying the warm evening air. As they rode up in the elevator, Antoine invited them to his room, saying jokingly that that he wouldn't try any more company sales presentations. Monique looked at Eveline, and both nodded, so they both decided to go to Antoine's room.

In his room, Antoine had some wine which he poured for the three of them. They sat down and talked more about general things. Eveline needed to use the bathroom, and when she came out, Monique and Antoine were sitting on the end of the large

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bed, so Eveline looked for some sign that would indicate they wanted to be alone, and seeing no signal, she sat down and joined in the conversation. Somehow, the topic had changed from dancing, to bikinis, and eventually to nudity. Eveline found herself getting moist, listening to Antoine describe a clothing-optional club he knew somewhere in the French Riviera. The idea of walking out of your hotel room, naked, seemed to stir some deep desire in Eveline, and she found herself getting more and more aroused.

Monique was talking about bikinis being sexier than full nudity, as there was something left to the imagination. Antoine replied that he found tan-lines, or a lack of them, a great turn on. "You mean like this?" Monique said, opening her blouse and showing them the tan line over her shoulder. Monique's tan was nice and even, except where her fair skin had been covered by a thin string of a bikini top. Antoine stared and then smiled.

"Uhhmm, yes." Antoine said. "You have a very nice tan." Monique was from the Saint Tropez area, so it didn't surprise Eveline. Monique looked at her then, and asked if Eveline was naturally tan. She had a very nice tan, which she worked on the whole summer, and kept up by visiting a tanning salon. "No." she replied. "I had to work hard at mine." This was the truth. One of the benefits of where she lives is that her backyard is very private and she can sunbathe nude without worry. Antoine asked if he could see her tan line like Monique's, for a comparison. She hesitated a little, as she sunbathed nude in her back yard and the salon; she didn't have any tan lines like Monique. She explained them that she didn't have any tan lines, which caused them both to raise their eyebrows. "Do you have a place to sunbathe nude?" Monique asked. And Eveline replied yes, and explained how she kept her tan.

Somehow, in the course of the conversation, and maybe it was because of the wine, Eveline and Monique agreed to remove their tops. They both wore bras, and neither of them thought it was that big of a deal. When Monique opened the front of her blouse his eyes widened, and Eveline felt excited. His eyes were glued to Monique's breasts, and Eveline looked too. Monique's bra was very sheer and they could both clearly see her dark nipples through the fabric. Monique slid her shoulder straps down, showing off the tan lines and Eveline followed immediately - no tan lines.

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Monique looked at Eveline, and smiled, saying that she wished she could get a tan like Eveline did. Monique was very moist, and her panties were clinging to her. Eveline was excited by her closeness and her beauty. Antoine stood up and opened his shirt, exposing, just below his belt, the contrast of his tan. Eveline asked if his legs were tanned too, and instead of pulling up his trouser leg, Antoine undid his pants and let them drop to the floor. Yes, his legs were very tanned, but what caught their attention was the bulge in his crotch, pressing against the briefest briefs they'd ever seen.

The briefs Antoine wore were black and very much like a jock-strap. They covered, barely, his crotch, and had a piece of fabric that covered his behind like a skimpy bikini covers a woman's. The two girls could see the tan lines from the swimsuit he normally wore. According to Eveline she could feel her nipples harden and her pussy getting wet too.

Monique mentioned that Antoine said tan lines could be sexier than a bikini, and now she dared him to show them. Antoine looked at Eveline and shrugged, then slid his shorts down around his ankles and stood up. Monique and Eveline gasped quietly when he stood. Antoine's penis wasn't the biggest, or thickest they'd ever seen, but his testicles were hanging quite low, and they looked large and full. Antoine's half-hard cock began to grow stiff in front of their eyes, and both girls seemed to be drawn towards it.

Fully erect, Antoine was only about six or seven inches, but his balls were magnificent! Monique and Eveline looked at each other and they both were speechless. They both took off their bras. Monique's breasts, which were about 36C's, were pale against the darkness of her tan. The skimpy bikini tan showed that she bared a lot of skin at the beach. Eveline's breasts were evenly tanned. Antoine stepped out of his pants and briefs, and quickly, Monique and Eveline began dropping their skirts. Now it was all out in the open, the veiled phrases were unnecessary. Sex is what they all were thinking now, and both wanted Antoine's big balls in their hands.

They all moved together, Monique and Eveline removing his shirt, while Antoine's hands were caressing both ladies. His hands caressed across Eveline's chest, and he seemed to be fascinated by her even tan. Since Eveline is only a 32B, his interest in her breasts excited her, having expected him to go for Monique's larger chest. Both

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Monique and Eveline still wore pantyhose, and panties. Antoine began to remove Monique's pantyhose, doing it smoothly and gracefully. Naked, Monique is breath taking. Her sensual curves are accented by her tan-lines, making her look even sexier. Antoine kissed her small bush, which she had shaved into a tiny triangle for her suit. Monique surprised Eveline by turning her and beginning to remove her pantyhose. Antoine, on the other side, helped, and Monique knelt as Eveline stepped out of them. Monique looked up, and her face was inches away from her pussy, and her hot breath was turning Eveline more and more on. Her eyes told her the truth and Eveline put her hand on her head gently, and she leaned forward, kissing her pussy and snaking her tongue over her clit. That sent a shiver through Eveline's body, and she rocked her pelvis forward, but Monique stopped, standing up and smiling timidly at her.

They all climbed into the big bed, and Antoine pulled Eveline on top of him, so that she would straddle his mouth. Monique began to kiss his chest and stomach and Eveline lowered her pussy to his lips. Monique worked her way down and Antoine was giving Eveline terrific head. By the time Monique had his penis in her mouth; Eveline was close to her own climax.

Eveline watched as Monique took the entire length of his shaft down her mouth and throat, her lips against the base of his erect penis. She began to suck him in long, deep strokes, and Antoine's tongue was driving Eveline into a lusty frenzy, as she neared orgasm. Monique had stretched out between his legs and Eveline could see her creamy white butt against her deep tan and she started to feel like running her hands over her behind. Eveline leaned towards her, and Antoine's tongue found again her clit, and Eveline had a loud orgasm.

Monique was still deep-throating him when Eveline recovered, lying on her back next to them. She looked at Eveline and stopped sucking him; "Looks like he gives good head." She smiled. Eveline replied, "Uh-HUH!" feeling weak and sexy. Monique suggested they switch and Eveline moved over as she sat on his face. I'm not as good as Monique, Eveline said being able to take only about half of him into her mouth. Eveline moved down between Antoine's legs, and began to enjoy his penis. Antoine began moving his hips up and down as Eveline licked.

Monique leaned down and began to suck also his erect penis while both girls were getting very hot. Eveline pushed his penis towards Monique and both sucked him,

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Monique held it and leaned towards Eveline, and both kissed, their tongues briefly sliding over each other, while they were sharing his erected penis.

Monique sat up and asked Eveline if she wanted the first ride, so she climbed on top of him and Antoine began pumping his cock in and out fast, making her come quickly, while Monique rode his face and sucked Eveline's nipples. Eveline had her hands on her nice full breasts, pinching Monique's nipples too.

Monique wanted to ride him also so they began to swap, but Antoine wanted to take her from behind, so she knelt and he got behind her, grabbing her hips and slamming his penis deep inside her. Monique pushed Eveline down and began to suck her pussy, as he thrustured her from behind, Eveline could feel her face bump against her. Monique used her tongue on her clit, and her fingers inside her helping her come three times.

Antoine now suggested that they traded places, and Eveline knelt while Monique sixty-nined with her. Antoine filled Eveline just right and he began pulling her behind back onto his hard penis. Eveline spread Monique's legs and began to lick her juices. Eveline was going wild, shoving her fingers deep inside her. Antoine was getting ready to come. Suddenly, his cock seemed to swell and he rammed it deep, hitting bottom and making Eveline gasp. Then he began to come.

After a short break the sensual, erotic and tender session repeated four times that night until the three collapsed exhausted to sleep in each others arms having Antoine in the middle.

This is the way they spent the last three nights of the convention. Each night, they went out for dinner, and then to one of their rooms. On the last night, Antoine had to leave early in the morning, so they skipped dinner, and had wild sex early. They kept it up until about two a.m. The three slept once more exhausted after so much sexual activity cuddling each other in a very tender way.

Although they haven't had the chance to see each other again, they keep in touch via e-mail, telephone and mobile telephone messages. They share their sexual escapades with each other.

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Whenever I have the opportunity to meet Eveline, she tells me that after this experience she understands that the ideal number for sex is three. The fun that she has in bed nearly doubles whenever she participates in a threesome.

As you can see, a single guy can also fulfill his fantasy. All he needs is skill and boldness, besides practicing the strategies mentioned in this book. I will give you a couple of tips that will ease your job.

- 1) When trying to seduce two women you need to really sweep them off their feet. Your approach needs to be as bold as Antoine's. Don't let them think too much because they'll not respond in the way that you would like them to.
- 2) Finish reading this book and creatively think of ways you can use to seduce two ladies. Most of the principles are applicable, but only your boldness and charm will make it really happen.

Symbolism

It's always easier to find males than females for your threesome. I wanted to provide you with as many ideas as possible so you'll be even more successful finding candidates for your threesome. As explained, there are two variations of threesomes outlined in this book; the Adonis Trio (FFM) and the Aphrodite Trio (MMF). In order to make things simpler the applicable threesome symbol will be next to the strategy explained. Strategies that are applicable for both threesomes will show both symbols. These are the symbols that are used so you can recognize them at a glance:

Symbol:	Applicable for:
	Aphrodite Trio (MMF)
	Adonis Trio (FFM)
	Aphrodite & Adonis Trio

*"The best definition of ménage à trois can't be found in a dictionary,
because it is a charged way of looking at love
that demands sharing and imagination."
- Foster, Foster, and Hadady, Three In Love*

The 9 Success Options to Find Candidates for Your Threesome

The nine success options that yield the maximum possibilities are:

1. **Internet**
2. **Seminars**
3. **Clothes Optional Holidays**
4. **Advertising**
5. **Seducing Friends**
6. **Swinger Clubs**
7. **Single Bars**
8. **Conventions**
9. **“Hunting” & Holiday Places**

1. Internet

The Internet is a great tool to find candidates for your threesome. There are loads of sites where you can either place ads or answer ads. Most of them require a monthly membership, but it's worth it. In Chapter 14 there's list of recommended sites. Later on you'll learn a lot about how to use the internet to fulfill your fantasy.

Here are a few tips on how you can start finding candidates on the net and get immediate response:

Find groups who have similar interests as you. The key words are bisexual rings or groups. Go to www.msn.com, www.yahoo.com, www.icq.com or www.google.com and look for groups. An internet group is a community of people who want to share their same interests and meet like minded people. In my experience people who are open enough to talk about sexuality are more interested in other forms of openness, or at least able to hear your desires with respect. So groups, clubs, chat rooms and internet websites related to sexuality, sexual minorities, group sex and sex education might be good places to find kindred spirits.

Recently I found a very interesting source of candidates. For a yearly fee, you can connect with people who have a *webcam*. This is a great advantage over a chat room. Chat rooms offer the anonymity of not being able to see the other person so you'll

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frequently bump into individuals who pretend to be something they're not. Specifically men like to portray themselves as women for some reason. When I'm not sure if I'm really chatting with a woman I ask female types of questions that normally a male wouldn't be able to answer. On this website that won't happen because you'll actually meet the person through the web cam. Check it out for yourself: www.icu2.com; it's the only reliable video chat site I know of. The only down side is that it's heavily populated by gay men, so I recommend that if you want to search as a couple for a candidate, you search in the gay women channel. This is where secretly most bisexual females communicate.

2. Seminars

Another place to find candidates are workshops, seminar and gatherings that have to do with human sexuality or intimacy. Tantra retreats or Swinger conventions are good options. These two websites will provide you with plenty of information of what's happening in the "openly sexual scene."

<http://www.lifestyles-convention.com>

<http://www.drsusanblock.com/sexinreview/index.html>

3. Clothes Optional Holidays

Another option to find a candidate for a threesome is going on a "clothes optional" holiday. Naturists are usually open minded individuals, sometimes involved in the swingers lifestyle. There are a few resorts in the world that cater specifically to people open for sexual play. The most famous ones are "Hedonism I, II & III" in Jamaica. In these types of resorts you'll find like minded people who easily might be open for a threesome. Below are a couple of websites that provide you with a lot of information when planning this type of holiday:

<http://www.nudetravelguide.com/>

<http://playcouples-travel.com/>

<http://www.cat69.com/desires.html>

*"The greatest pleasure in life is doing what people say you cannot do."
- Walter Bagehot*

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4. Advertising

Advertising for an Aphrodite Trio (MMF) is an option that I don't recommend, but it could be a possibility. You can either place an advertisement or reply to one. I personally don't feel very comfortable with this method for the Aphrodite Trios.

But if you consider that placing an add is for you; by all means go ahead. A small comment on this subject: if you decide that answering an ad might be for you, avoid looking in the column *Men looking for Couples*. The reason is that these types of guys might be very experienced in Aphrodite Trio's and this might be intimidating for you, especially when it's your first time. Look instead in the *Men looking for Women* column. Here you'll find obviously less experienced guys that might be exactly what you're looking for. However, not all of them might want to join you and a partner. Anyway, it's worth a try.

If you decide to place an advertisement yourself, it's best to play both sides of the spectrum. Place an advertisement as a single woman or as a couple and when you find the right guy, make it happen for both of you. Remember, most likely these guys are looking for sex so they'll unlikely balk at the idea of a Trio. I will cover the subject of advertising more thoroughly, including Advertising for Adonis Trio's (FFM) in chapter 14.

5. Seducing Friends

Why not seduce a friend? I'm sure you've got some friends that you wouldn't mind having a threesome with, right? What's stopping you from seducing a good friend? That's too scary? Well, how about seducing a friend you just met; in other words, how about seducing a nice stranger? More information about how to seduce good friends or friends you've just met is found in chapter 12.

6. Swinger Clubs

Another possibility is to go to a Swingers Club. Here it shouldn't be too hard to find candidates that will be happy to help fulfill your fantasy. My husband and I go to Swing Clubs all the time. I find it a relaxed and easy way to meet new and likeminded people. In *chapter 13* I will explain you all about swinging.

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7. Singles Bars

Another possibility is for both of you to go to a single's bar carrying pen and paper along and if you see someone interesting the woman of the seducing couple should walk up to him and whisper "I'm with someone tonight, but if you give me your phone number I'll call you." Then she should walk back to her partner while he watches her. Then the three of you have seen each other and this makes deciding easier.

8. Conventions

You can use a similar approach to find potential men for an Aphrodite Trio (MMF) at conventions or conferences. The possibilities are endless; just remember that for an Aphrodite Trio, the name of the game is to be adventurous. Aphrodite Trio's can be great opportunities for women to be forward. This works wonders on her ego. So ladies, next time you see a hunk, wink to your partner, suck up your fear, smile and say "I think this is yours", and slip him your mobile number and walk away.

9. Great "Hunting" & Holiday Places

To this day, hunters in Africa look for watering holes because this is where the animals they're trying to hunt go to drink water. This makes hunting a lot easier. Believe it or not, there are such "hunting places" to easily arrange your threesome *and* enjoy a really nice holiday outside of Africa too! One of these places is called Ibiza. This tiny island is part of Spain. Ibiza is the world's "party capital" and is full of nudist beaches and resorts.

Another "hunting place" is Cap d'Agd, south west of Montpellier in France. This French Riviera resort is known around the world as the "naked city." Only about 700 km's south of Paris, you'll find a "naturist paradise." Just imagine every summer over 40,000 visitors enjoy this beautiful spot. Throughout Cap d'Agd you can be naked, in fact everyone is naked. In this resort night life offers very interesting possibilities.

Last but not the least there's Ios and Mykonos in Greece. These two islands in the Aegean Sea are well known for their bisexual activity. Although Mykonos is a

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predominantly gay island, there's also an abundance of lesbian and bisexual women. And Ios is a tiny island where party is well known to last until late hours in the morning. Some people say that there is so much going on at night that sometimes the island shakes!

You can find more about Ibiza in: <http://www.ibiza-spotlight.com/>

You can find more about Ios in: <http://www.iosgreece.com>

You can find more about Mykonos in: <http://www.mykonosgreece.com/>

You can find more about Capd Agd <http://www.cap-d-agde.com/>

Conclusion

As you can see there are many opportunities to find candidates. Hey, you can even travel to exotic places to make your fantasy come true. Don't worry if your French or Spanish is non-existing. When it comes to sex we all speak a universal language. Start taking action and explore some of the interesting places to go and visit. Not everyone knows the steps they need to follow in order to arrange a threesome. Once you understand a few simple principles you'll not only be able to locate candidates in the places described, you'll suddenly start finding opportunities everywhere.

"Come to the Edge."

"We can't. We are afraid."

"Come to the Edge."

"We can't. We will fall."

"Come to the Edge."

And they came.

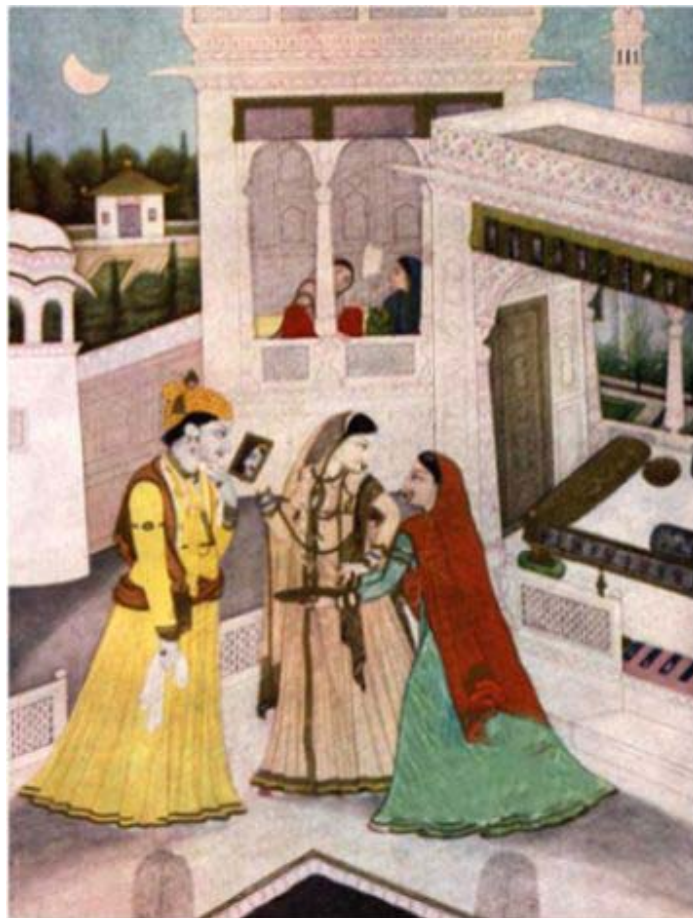
And he pushed them.

And they FLEW.

- Guillaume Applinaire

Chapter 6

Flirting for a Trio



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“Women flirt to keep their stock high, men to get somewhere.”

- Mignon McLaughlin

The Neurotic's Notebook, 1960

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Team Flirting

Once you've selected your guy or gal for the threesome of your choice, you need to throw in some irresistible seduction tactics. According to the dictionary "flirting" means "acting amorously without serious intention." Flirting can be a harmless way of testing your attractiveness to another individual. It can be a prelude to a sweet seduction. Flirting for a threesome is very similar to how you used to flirt earlier. The only difference when flirting as a couple, you've got someone to give you a hand. Two heads are better than one; when it comes to flirting for a threesome candidate this cliché is definitely applicable.

Advantages of Flirting for a Threesome

In the "normal" world you basically stop flirting the moment you find a steady partner right? What's the reason many people let themselves go physically? Getting married and gaining weight seem to go hand in hand, doesn't it? Once we find our steady partner many of us seem stop caring about our physical appearance. This is caused by familiarity. Although we don't want to admit it, familiarity breed laziness and before we know it we suddenly wake up and discover that we're no longer with the same person we married with a few years ago.

One of the great advantages of threesomes is that the element of familiarity doesn't take over your life. You're always open for ways to look your best in order to seduce other gorgeous candidates. This side effect means that you'll watch over your physical appearance more than "normal" people do. Below I've listed 12 great flirting tips to help you make that first connection with your candidate; make sure you use them to improve your recreational possibilities.

12 Great Flirting Tips

1. Make sure you feel the King or Queen of the World. You know you're looking fabulous and your absolute best and you're feeling that everything you want is coming your way! Yeah baby! Wear an outfit that makes you feel really sexy, self-assured and confident.
2. The great thing about flirting for a threesome as a couple is that you can use the buddy system. Walk through a group of people and your partner can watch to see who's checking you out.

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3. Regardless whether you're flirting for a guy or a girl, when you're flirting as a couple let the woman initiate the flirting. Guys love to be approached by women and women feel less threatened by another woman initiating conversation, rather than a man. Especially when they can see that the guy is with another woman.
4. Wear that special perfume or cologne. Remember the olfactory sense awakens the strongest sexual primitive instincts.
5. Gals should wear their sexiest lingerie and guys their sexiest briefs. Just wearing these will put you in the state of mind you want. You are irresistible! Show a little leg....wear higher heels...the redder the lipstick the more available and noticeable you will be. Arch your back a little as you sit up tall and cross your legs high. Wear earrings that are interesting enough to make someone comment on them.
6. Be certain! If you're not, just act that way! Certainty is always a turn-on. Your body posture must also reflect certainty!
7. Be forward and decisive in your communication. However remember to be tactful. Advance step by step towards your goal, but remember to pay attention to the subtle signals of your candidates.
8. Don't shy away of eye-contact. Initiate it; again, this demonstrates your certainty which is a sexy thing! Don't stare though; with sexy eye-contact I mean eye-contact that is slightly longer than then the regular eye-contact.
9. Be open! Initiate conversation. Ask open-ended questions; this shows sincere interest in him/her. Give room for a nice chat.
10. Show interest first in the other person's interests; then talk about yourself, without bragging!
11. Once the other person has opened up be sure to be a good listener. Good listening skills are good flirting skills.
12. Remember that flirting is a way of connecting from the heart and acknowledging someone. Be generous! Have fun!

If you are looking for advanced flirting and seduction tips visit:

[Advanced Seduction Tips](#). They offer a comprehensive program on the art of persuading women.

Use Pheromones

Pheromones are naturally occurring chemicals found in animals and humans which elicit sexual behaviors and are used to attract the opposite sex. Scientists have

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succeeded in identifying, isolating, and recreating this human sex pheromone. These natural pheromones have been well documented to trigger very powerful sexual responses!

Unlike fragrances, which are detected by the olfactory glands in the nose, pheromones are detected by the vomeronasal organ or VNO. The VNO is located in the nasal pit directly under the nose. When the VNO receives a pheromone signal it sends a message to the brain that stimulates the body and creates a subconscious increase in sexual desire.

If you would like to learn more about pheromones or you would like to purchase pheromones you can try this websites: [Attract RX](#) or [Luvescence](#)

Are You Afraid of Rejection?

You're afraid of being rejected? Don't worry. What's the worse that could happen? That the person you approached is not interested? So what? You'll survive it; believe me, you won't drop dead instantly. You feel that your ego is hurt from past rejections? Why? We all go through rejection at one time or another. If you've never been rejected before, I expect your life is pretty dull... Any good sales person will tell you that they don't mind rejection. They understand that whenever they're rejected that best mind set to have is to think "NEXT", and move on... You already have the "no," your job by asking is to find the "yes." As *Forrest Gump* says: "If you want to increase your chances of winning the lottery all you have to do is buy a lottery ticket." So, next time you feel uncertain think of this and cease the day!

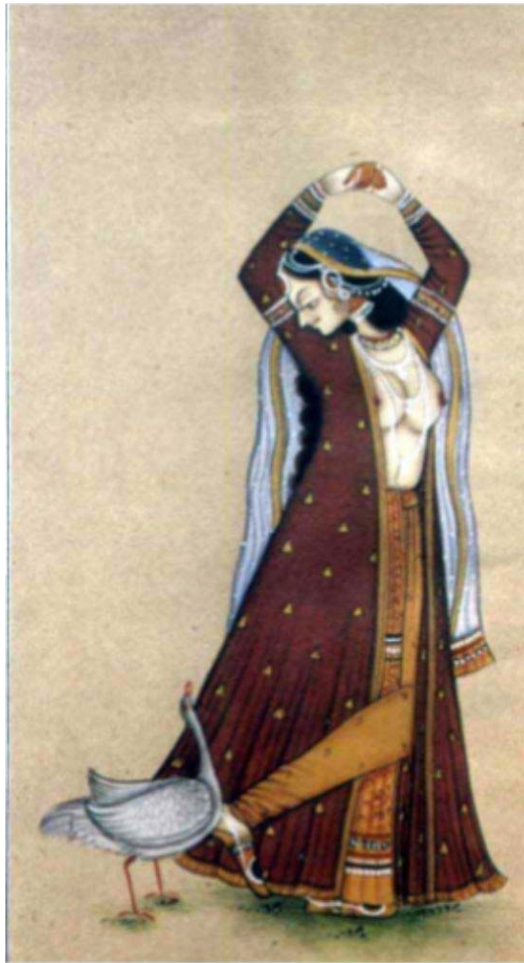
"Flirting for a ménage à trois is a matter of team work.

One of you start, and the other one relay,

until finally you achieve the desired."

- Dominique van Doren

The Art of Seduction



“Pursuit and seduction are the essence of sexuality.

It's part of the sizzle.”

- Camille Paglia

1947-, American Author, Critic, Educator

Learning From the Master Himself



Giacomo Casanova
(1725-1798)

There has never been a man more renowned for his power over women than *Giacomo Casanova*. In fact, his name is always associated with seduction. Throughout his life, he seduced 132 ladies from all walks of life. Noble women, actresses, dancers, chambermaids, slave girls, a priest's niece, a farmer's daughter, five sisters (plus their mother) etc. It was well known that he was simply irresistible. The dream of almost every man is to be at one time or another *Casanova*.

“To seduce a lady you simply need a strategy.”
- Giacomo Casanova

Being a romantic, my husband was always fascinated with this peculiar man so he read the full 12 volumes of his memoirs years ago, and now they're part of our seduction library. Casanova's stories of seduction are a beautiful display of planning and creativity. In order for you to be a successful seducer you need to work as a *Casanova* as he was the master planner of seduction! Why not use the wisdom of the most famous seduction genius in history to learn the delicate art of seduction? My husband and I made a compilation of his 10 most used strategies. (Saving you the burden of reading the 12 volumes of his memoirs)! We're certain they will help you plan for that special night.

Casanova's Seduction Strategy #1

To make a woman feel special, do something special

Casanova never said “What do you feel like doing tonight?” He took charge. He had a plan. He said that a great way to do this is to imagine that you're proposing. What can you do to make the night so special she couldn't possibly say no? Arrange it. Be creative. After all, you're “proposing” - only it's something far more enticing than marriage. Casanova said that women are very appreciative of effort. A good seducer would realize that.

Casanova's Seduction Strategy #2

Privacy is sexy

Make sure you create an intimate atmosphere where she feels safe and relaxed. Disconnect your phone or make sure your answering system is working. If you got children make sure they're at their grandparents. Close your doors, windows and curtains; the last thing you want is nosy neighbors snooping around. Remember that there's no greater compliment for a woman than your full attention. Bare in mind that the more relaxed she is the easier it will be.

Casanova's Seduction Strategy #3

Let her enjoy both of you admiring her

Compliment her at opportune times - choosing a trait other than the obvious. For example, good looking gals are used to being told they're beautiful. That kind of compliment has little effect. But tell a good looking gal that she's smart, and you'll open her heart. There's a magical quality to someone admiring you. This strategy it works miracles.

Casanova's Seduction Strategy #4

Make her the center of the world

Casanova's seductions lasted several hours, and he spent much of this time asking questions and listening; this is always flattering for any gal. The real reason why women found Casanova so fascinating was because he found women so fascinating. Gals love it when someone shows genuine interest in them. Try always to touch their hearts and then dare venture further!

Casanova's Seduction Strategy #5

Be decadent! As much as you can!

During his seduction evenings, Casanova spared no expense. His apartment, his dinner table, his own body; everything was always dressed with the finest available. He cooked aphrodisiac meals consisting of delicate dishes such as oysters, champagne, game, truffles, fruits, and sorbets; Casanova was obviously ready to impress. Provide your friend with something decadent. Whatever it is, make her feel that she's really special. Remember; indulgence is the removal of a single brick that will significantly weaken the temple.

“Bed is a capital place to get an appetite.”

- Giacomo Casanova

Casanova's Seduction Strategy #6

Savor the anticipation

Casanova was the master in the art of romance; his seductions were slow. He knew where he was going so there was no rush. He savored the moment. Keep in mind that subconsciously, your friend might know she's going to be seduced; however you're the only one that knows what's going to happen, so the prelude should be part of the threesome. Your aim is to get to the point where the three of you feel that glowing feeling in your tummies. Keep in mind that foreplay doesn't happen only in the bedroom minutes before intercourse. For a threesome it might encompass an entire day, depending on your planning.

Casanova's Seduction Strategy #7

Appeal to all her senses

Casanova scented the apartment with roses because he believed they were aphrodisiac. He served delicate foods and champagne. He asked for his lady's points of view because he knew every woman loved the music of her own voice. He created a romantic atmosphere. He touched her often and gently made her the primary focus of attention. By stimulating all senses, Casanova was able to immerse women fully in the moment, and made them feel more alive and sexual. So be attentive to every one of your candidate's senses. Play background music, gently touch her back to guide her, make eye contact, give her a flute of champagne to sip, buy her a fresh flower to sniff... Warm up every one of her senses and make her ready to the ultimate pleasure: a threesome!

Casanova's Seduction Strategy # 8

Be Playful and Creative

Most of the food, drink and conversation that Casanova preferred were sexually suggestive. He realized that sex isn't serious - it's playtime for adults. Playful activity is the best way to warm up. Dare to be provocative. Eat with your fingers. Feed each other. Remember your goal is to make to keep the evening lighthearted. Have Fun!

Casanova's Seduction Strategy #9

Carpe Diem

Casanova was an opportunist. He traveled from country to country, working all sorts of diverse jobs. He even pretended to be a priest and a pimp in order to seduce a lady. He was always ready to seize the day. If your evening isn't going according to plan, you need to be creative. Be attuned to fate and go where it directs you. Some of

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the most beautiful threesome experiences I've shared were a result of either me Karl seizing the opportunity. Remember, confidence and daring in itself are a major turn on.

Casanova's Seduction Strategy #10

Surprise her with a present

After dinner, Casanova directed his lady to a candle lit balcony where he presented her with a beautiful lace nightcap. That was usually the final *coup de grace*. She would fall in his arms ready for a passionate night.

Women love unexpected gifts. Casanova's gifts showed a great deal of creativity and thoughtfulness. When seducing, my husband often has a present for our candidate and myself. It tends to be something naughty but tasteful and provocative; from classy scented bubble bath soap, to massage oil, to a see-through shirt. Remember the best time to deliver your present is at that critical point in the evening when there remains just one obvious way to show a little gratitude...

Conclusion

Follow the ten Casanova's Seduction Strategies and practice the art of seduction. Throw in your own creativity and charm and your success is guaranteed!

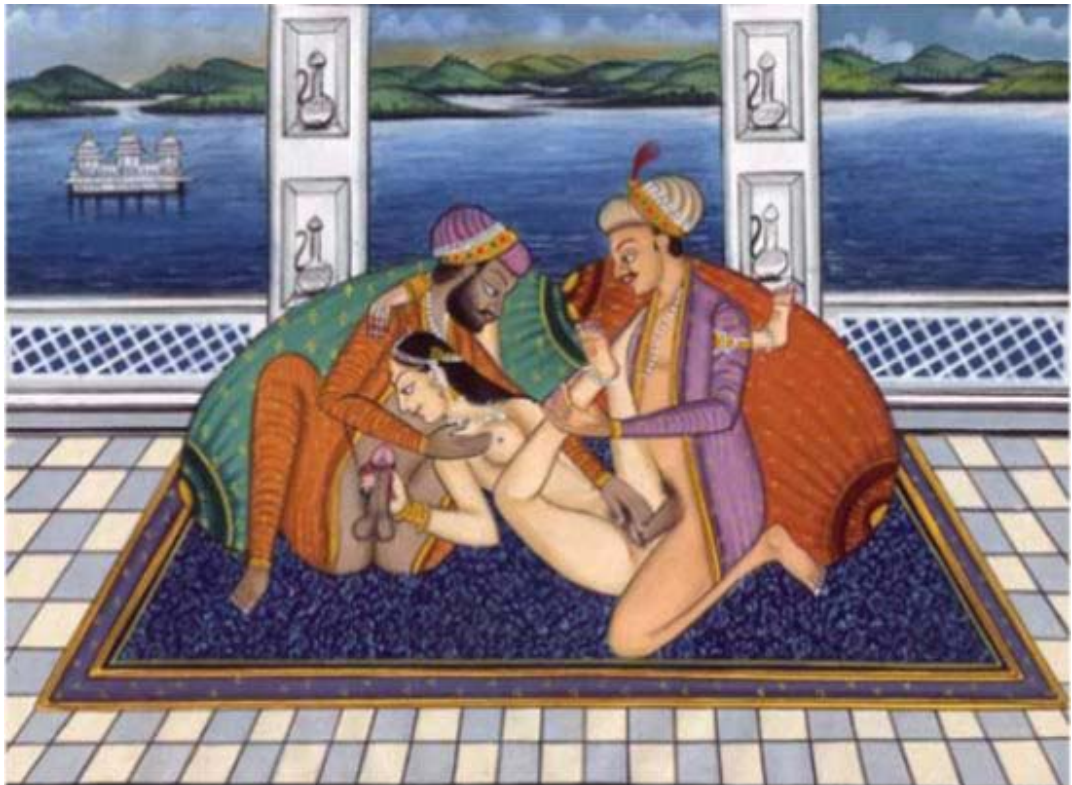
“In a great romance, each person plays a part the other really likes.”

- Elizabeth Ashley



Chapter 8

The Aphrodite Trio



www.artoflegendindia.com

*"Alone we can do so little; together we can do so much."
- Helen Keller*

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Arranging an Aphrodite Trio (MMF)

Arranging an Aphrodite Trio (MMF) is by far simpler than arranging an Adonis Trio (FFM), so this section is certainly shorter than the Adonis Trio. Obviously I don't know what your ultimate fantasy is, but I recommend trying them both and then you can decide for yourself. Guys can easily be persuaded to join a couple. Sometimes the problem with an Aphrodite Trio is that the male in the seducing couple might become jealous of the invited friend. It might happen that the male part of the couple has difficulties performing, but what usually happens is that he gets very aroused to see his partner being caressed and penetrated by someone else. If you're ready for an Aphrodite Trio, it obviously means that you've already thoroughly spoken about this with your partner. So now you're ready to take the final step. Materializing it! There are two options;

- 1) You can seduce a friend or
- 2) You can seduce a stranger; a friend that you have not yet met

Aphrodite Trio (MMF) Option 1: Seducing a friend

The Safest Option

This might be the safest option, as you already know the guy and have a friendly relationship with him; the next natural step would be to explore the possibilities of having a Trio with him. In any case remember that in threesomes, the Adonis *and* the Aphrodite Trio, females are the ones that select; it's always a woman's choice, not a guy's. As a guy you can't impose your horny wishes on your wife! That's a vital point you need to understand. It's the same in the swinging scene; females are always in control. So avoid pushing it, if you do you'll certainly regret it! Only once she feels comfortable with the guy and fancies him then you can proceed to the next step: the seduction.

Male Bonding Works Miracles

The seduction can happen in many ways; depending on how good your relationship is with this friend you can be clear and direct at expressing your wishes. With

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Aphrodite Trio's (MMF) I recommend that it's the male in the seducing couple who addresses this issue with the inviting friend. The last thing you want is for your friend to think that the wife of his friend is making advances at him. That'll make him feel very uncomfortable. So for instance, the guys could go out for a drink and through a conversation you can start testing the waters on how he feels about the subject. Male bonding is very important, and it's not difficult to throw in the topic of sex. You'll usually immediately notice how comfortable he feels with the subject. Start with probing remarks like "We're thinking of building a Jacuzzi in our place. The funny thing is that Julia always asks me who of our friends would dare to go skinny dipping with us..." Then wait for his remarks. Or "We're thinking of building a sauna at home. We'd love to have friends over, and have a sauna party; however we wonder who'll feel okay with all of us being naked in there. What do you think?"

As you can see these types of questions are taking your friend a little bit into the deep end of the pool without him realizing it. If you feel he's comfortable with these kind of remarks work him a little bit more until you can feel you can be blunt and direct with him. Now don't ask: "Wanna fuck my wife?" Be a little bit more subtle; "Julia's fantasy is for me to share her with another guy..." This is when you shut up, stop, because highly likely he's going to ask you "And how do you feel about it..." This is your chance to make your approach. You could say: "Well it depends with whom; with a friend like you I'd see no harm..."

One, Two, Three: Action

Slowly but surely you've made your move. The next step is to plan an evening just the three of you and let her seduce him under your approval. This could be achieved with a massage or with some naughty games or in many other different ways... It's that easy!

Now ladies, if you feel your husband might be a little bit shy, you can also take control of this situation. What I suggest is that you invite this friend over for dinner, enjoy some wine, watch a video, skinny dip, sit in the Jacuzzi, or start massaging your husband in front of him, then simply look at him and let your husband say "Honey, I think John deserves a massage too", then move to his side and start massaging him. The moment he realizes that he has his friend's approval; he'll just let the entire thing happen.

Aphrodite Trio (MMF) Option 2: Seducing a stranger

Female Seduction Power

Possibly you're not that direct and feel a little shy to seduce a friend. Well no problem, you can also achieve your goal with a 'friend you haven't met yet.' In this scenario playfulness and flirting will work just fine. What you can do is go to a nice business hotel both dressed very attractively and let the female in the seducing couple sit by herself at the bar where she can easily be spotted by traveling business man. Let her ask for a drink while the male "partner in crime" sits somewhere else across the area where she's sitting but where he can clearly see her. Here it'll be her charm that'll get you the arrangement.

Work out two signals beforehand: one that means "This guy is o.k." and the other one "Come rescue me!" If the guy is being a bit of a nuisance you better go rescue your wife, however if she finds the guy attractive and there seems to be good chemistry, she then can proceed to bluntly ask him, "I find you very attractive, my husband and I often fantasize about a nice looking guy like you to join us in a threesome. He'll be arriving soon; do you think it might be an option? He'll surely be shocked at first but his male genetic code will quickly take over and he will highly likely agree. If he does, she should signal her partner to join them. It's recommended that once you get to this stage you should have one more drink before starting the activity, so the husband/partner will also have a chance to get a bit acquainted with him. Your goal whilst having this drink is to steer the conversation as much as possible towards the subject of a threesome and sexual fantasies. Judging by his behavior you'll receive clear vibes on how he will be when the action starts...

Guys Helping Out the Horny Woman

Another variation of this would be for him, the guy in the seducing couple, to take the lead. You can both be in a bar, and if you spot a guy you like, he can then approach to him and say "You know; I just met this lady and she confessed to me that she's as hot as the Sahara desert in the summer. She says it'll take two men to satisfy her and she wants you to help. Would you like to join us?" This approach is much safer for shy women. Be aware that this should not be done in the city where

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you live. The last thing you want is to suddenly see this guy again in your office discussing an important business deal with your boss.

The Real Truth about Aphrodite Trio's (MMF)

The real truth about Aphrodite Trio's (MMF) is although they're by far easier to arrange, they're not the first choice for most women. It's also to be expected that there will be no interaction between the two males. As a friend of ours puts it; "Most men are astonishingly heterosexual." This can create the awkwardness of two guys making love to a woman simultaneously while avoiding each other at all cost, or in some cases merely taking turns on the woman. **Aphrodite Trio's (MMF) satisfy the basic instinct of the three; however the sense of oneness is never achieved during an Aphrodite threesome.** We recommend couples with this fantasy to practice first with a dildo. Try all the possibilities you can think of, using both his penis and the dildo. In particular the DP or double penetration, you will feel more at ease having it simulated first, rather than doing it for real for the first time.

Sandra's Fantasy

Let me tell you the story about how Tom and Sandra seduced a friend to make Sandra's fantasy come true.

Tom has been married for several years to his beautiful wife Sandra. They have a very active sex life, and often talk about their fantasies during lovemaking. One of his favorite fantasies was sharing his wife with another man. One day Tom mentioned to Sandra that he had invited his friend Mark over for drinks, and her eyes lit up.

About fifteen minutes before Mark arrived, Sandra disappeared upstairs. Tom and Mark had some drinks and chatted about work. Sandra remained upstairs and Tom began to wonder if she'd abandoned them for the evening. But soon she strolled into the room, and she looked fantastic. She'd changed into a miniskirt and a tiny top. Her black shiny hair was piled up on her head in a loose tumble of curls, and looked very sexy.

She sat on the couch between them and asked for some wine and after a half hour of small talk, Sandra put her bare feet on Tom's lap and asked him to rub them. He

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began rubbing one foot, and then suggested that Mark should rub the other. Both Tom and Mark serviced her in this way for a few minutes, until Sandra complained that she was in an uncomfortable position. Tom suggested her to lie on the floor so they would give her a full rubdown.

That was when their fun really began. While Mark rubbed her feet and legs, Tom moved up to her bottom and back. Tom prepared some hot massage oil, and pulled Sandra tiny top over her head. She did not resist at all. Tom continued to remove her clothes while they slicked her down with oil. Mark said, "Now for the good side," and rolled her on her back. Her boobs, round as cupcakes, begged to be sucked. Mark and Tom munched them for a while. Sandra's flesh was sweet, soft and wet with oil and sweat. They both noticed she'd closely trimmed her blonde bush, leaving just a whisper of curls around the lips of her pussy. For the next three hours both did everything imaginable. Sandra loved all the attention she was receiving. It was clear from her moans that she was in heaven.

Their sex life since that night has never been better; Tom and Sandra often look forward to their next encounter with Mark.

As you can see, it didn't take much to make an Aphrodite Trio (MMF) happen. The only thing required was for Tom and Sandra to work as a team to seduce Mark. However, the truth is that Tom had already done the ground work through "Male Bonding" prior to the session. You can see that if your fantasy is to have an Aphrodite Trio it can very easily be arranged.

The Moments After (Aphrodite Psychology)

In an Aphrodite Trio (MMF) the psychology before the act is limited. As explained earlier, 80% in life is about psychology, 20% is about skills. Because of the biological nature of a man he'll easily agree to be involved in a threesome. Although the important issue to consider is the "moments after." Note the words chosen; "the *moments* after" and not the "morning after." In contrast to an Adonis Trio's (FFM) most of the Aphrodite Trio's (MMF) don't spend the entire night together. For women the intimate connection after sex is very important, however men usually are ready to move on after having had an orgasm. So you may have three hours of lust and passion, but then as soon as the three of you are finished, the feeling will quickly dissipate and the 'extra' male will be strongly inclined to leave. Remember this is a

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natural tendency so don't even to try to change it. There's a British male chauvinistic joke that says: "Do you know what the definition of eternity is? The elapsed time between the time that he cums and the time she leaves." This might sound horrible in women's ears; however, it's not far from the truth. There'll certainly be a feeling of awkwardness after you've culminated your fantasy and this is where the eighty percent psychology kicks in.

You know now that the tendency for the invited male guest is to want to leave make a move shortly after the Aphrodite Trio is over. In this instance the woman in the seducing couple needs to take quick action. The first thing you need to do is pay more attention to him than to your partner, thank him and let him know how wonderful he was, after you've done that, your partner should also thank him.

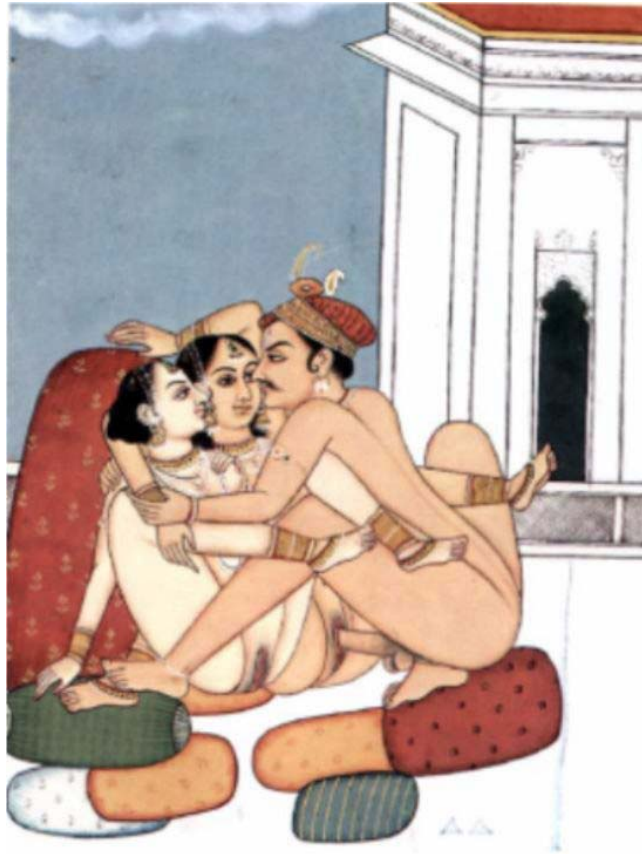
It's great idea to offer him the possibility to shower or even better, let her suggest the possibility of the two guys joining her in the shower. Highly likely he won't want to do that, but he'll feel very welcomed. Now if he feels like retreating, let him go in a very tender way, both of you should be very encouraging and supporting. Before he leaves it always works great to say "We have to do this more often", or "Wow Mark, you're certainly great at this. Have you got much practice?" The important thing is that he feels good about what just took place.

The following day you can send him a nice thank-you card signed by the two of you or an e-mail; whatever makes you feel comfortable. At the end of the day he is your friend and you wouldn't like him to feel awkward or uncomfortable the next time you see him. Now, remember; everything I've just mentioned is applicable mostly to friends. However if you decided to go for a stranger or as we call it: a friend you haven't met yet, then the natural tendency of him leaving will work to your advantage and comfort.

Conclusion

An Aphrodite Trio (MMF) is fairly simple to arrange. A small amount of ground work and you can enjoy your threesome. Follow the specific guidelines that I have provided in this book and, *voila!* Enjoy!

The Adonis Trio



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“What the mind of a man can conceive and believe, it can achieve.”
- Napoleon Hill

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The Adonis Trio (FFM)

Now you know how to seduce a hunk, right? Are you're ready to fulfill your Adonis Trio fantasy? It's time to talk about seducing a lady! I'm sure you can't wait to read this section of the book right? Well, you've learnt that seducing a guy takes team work; seducing a gal requires also team work too. **I can assure you that the shortest way to seducing a gal is working together.** Similar as with seducing a guy, the principal role of seduction will be for the female of the seducing couple. This may seem weird, but I can honestly tell you that when it comes to seduction it's better to leave it to us women, whether we seduce a guy or a girl; it's always easier for us gals.

It doesn't matter whether you're seducing a close friend or a girl you've just met; your "candidate" needs to sense that the female of the seducing couple is alright with her man flirting with her (the candidate). Believe it or not, women are very protective of their true friends and will almost always choose their solid friendship over a passionate affair with their girlfriend's partner, no matter what! Therefore it's vital that the female of the seducing couple approves of any type of flirtation. I've already addressed this earlier in the book; the difficulty here is to let go of the "moral myths." Remember, be open-minded and simply enjoy your experience.

You don't need to have an unsatisfied sex life to crave a threesome; even happy monogamous couples recognize the realities of outside marital sexual and romantic desire. The truth is that the moment couples start working as a seduction team their sex lives will be enhanced to a level never thought possible. You'll become accomplices; you'll grow together and you'll grow fonder of each other. Just think about all the possibilities that "team seduction" can bring. Besides you'll have the power and the enlightened attitude to understand that there is a way to have sex with someone else besides your partner without having to be unfaithful. Isn't that great?!

***"One half of the world cannot understand the pleasures of the other."
- Jane Austen (1775-1817)***

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“Fishing” for the Adonis Trio (FFM)

Once you’ve got a special lady to pursue in mind, the next step will be to “open the door” so she can consider coming in. There are many ways to do this, however I’d like to emphasize on one that I call “*fishing*.” This is the least threatening way to open the door for her. I’m assuming that the lady you’re pursuing is a friend of yours or an acquaintance. “*Fishing*” is a great metaphor for what I want to teach you. When you go fishing, you get your rod and tackle, get your boat to the middle of the lake and throw the line with a bit of bait waiting for fish to bite on it right? Well, this is not far from what you’ll be doing. You’ll simply prepare for when the possibility of going “*fishing*” presents itself, and when it does, you’ll go to the middle of the lake and throw the line with bait waiting for her to “bite.” After that all you need to do is reel her in...

Let’s Talk About Sex Baby!

Start a conversation about sex whenever you sense she might feel comfortable with it. This might be done as a couple or even better when the female of the seducing couple is by herself with her. Keep in mind that you need to “test the waters first,” avoid pushing her, or making her feel uncomfortable. Once you see that she feels comfortable move further. Start with innocent things like a naughty compliment on her looks. Like “Wow, those jeans will take you to Hollywood!” or “Your cleavage is going to provoke a few traffic accidents today...” See her reaction and slowly and tactfully take her every time a bit “deeper to the middle of the lake.” Talking about sex will open many windows of possibility, you’ll learn if she’s open-minded and what she likes when it comes to sex.

The Novice Mistake

During our first threesome my husband and I made the mistake we now call “the First-Timers Syndrome.” I hope you won’t do the same. Pay attention and learn how you can easily avoid this by learning from our mistakes. My husband and I fantasized about having a threesome several times before we actually acted upon it. When we arranged for our first threesome, I decided it was best to do it with one of my friends. I spoke to one of my best friends, I knew from heart-to-heart girl talks that she was open minded enough to do it, and we made my husbands dream come true. Little did we know what was going to happen afterwards...

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The morning after, we all left and didn't see my friend for a few weeks. My husband and I of course had the opportunity to talk about the threesome experience. We kept in touch with her, but we didn't see each other as we all had a very busy schedule. When we spoke to her after several weeks, something felt different, however we couldn't really put our finger on what was wrong.

The next time we saw her, we were hoping we'd be able to repeat the experience, however it didn't happen. Although we spent the night together in the same bed, we didn't enjoy each other sexually again. The morning after our second encounter, we had a small argument and we parted all feeling very strange about the whole affair. It took us a while to understand that the big mistake was that we put my husband in the center of attention instead of her. This was of course good for his ego but strained our alliance.

We realized that by making the women share the man, we had accentuated the natural female competition. Obviously sharing my husband made her feel disadvantaged, less special and with not much desire to return. Unfortunately we made her feel that she was the "third person," not the "special person" around whom everything evolved. The one thing you must remember is to make sure that you treat the "third person" in the Adonis Trio as the most important person of you three.

The Mystery Revealed

Now that you understand this, it makes much more sense to put your (new) friend in the middle for the two of you to share. After all, she's the one making your fantasy a reality. She's the novel attraction in your bed and both of you would like to have access to her. **This, dear friend, is the *real secret* of successful Adonis Trio. *She not him* should be the centre of attention.** Female nature requires tenderness and attention, and if you can provide her with that she'll be eternally grateful and very likely she'd want to come back. You'll seal a new sexual bond with your friend and that will elevate the sexual life of the three of you to a new level.

Not long ago we had an incredible experience with a beautiful thin, tall girl we met and seduced. Although she had group sex before, she hadn't had too much experience with couples. We had such a wonderful night that we recently made another appointment. One of her comments really struck a cord with me "Having

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two people sucking and licking my nipples at once is one of the most exhilarating experiences I've ever had." If we would've selfishly concentrated on my husband instead of concentrating on her, probably we would've never gotten her to experience those exhilarating feelings and possibly our sexual joy would have been reduced to a one night stand.

What's the Rush?

Another common beginner's mistake during the love making session is what I call the "*What's the rush*" syndrome. After the long wait most men are so excited about having two girls in their bed that they lose perspective... They feel they're the "directors" and insist on showing the way of the action, quickly taking the girls from one act or position to the next in attempt to experience "every aspect" of his fantasy in one single session. Mind you, this is very short-sighted for many reasons...Guys, you should keep the following points in mind:

1. It's silly to try everything at once. A threesome is not a Smorgasbord; it's a seven-course meal. You have to savor each course to the fullest and you'll enjoy it more that way than trying to fill your plate with a little bit of this and a little bit of that.
2. Bear in mind that your invited friend can have a man any time she wants one. She didn't come for a penis, (sorry guys, that's just the way it is) she also came for the pussy. No, I'm not saying that she wants to have the pussy. However highly likely she is curious about experimenting with a female and a threesome gives her a safe and protected environment without having to think that her "*lesbian*" desires are wrong. If the man is dominantly directing the flow, the experience will become more of a pain than a pleasure.
3. The man should allow himself to learn about how to really please a woman. Make sure that you allow the women to exercise their own pace and technique or intuition. Watch them kiss, touch and speak to each other. Women make love to each other how they WISH men would make love to them. Without the man interposing his own needs, he can learn what women really want.

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4. Your new friend can find a new couple much easier than you can recruit another woman. Allow her to do as she pleases and give her whatever she wants. If you try to impose your agenda on her pleasure, her search for paradise certainly will take her elsewhere.
5. The evening will progress slower and will be more fun if the man doesn't attempt to become the recreational organizer of the evening. The man should guide the women to each other, watch more than participate, give more than take, learn more than teach. This is the secret that will make him be appreciated by the women and that will reward him with more and more threesomes.

A Night with Paulina

My husband Karl understands the above principles very well. Not long ago we met a very cute Eastern European girl called Paulina. She was clearly more attracted to females than to males. Karl noticed this right away, so instead of taking the lead he let me handle the entire situation and it wasn't long before the three of us got busy erotically. Karl noticed that Paulina was feeling more comfortable caressing me than she was caressing him. So he backed off and simply observed her enjoying me. Paulina really appreciated his gesture. After an hour or so, she then took the initiative and we spoiled Karl rotten. So guys remember for a successful Adonis Trio (FFM), you shouldn't impose your agenda on the two females and you'll be rewarded for your care and patience.

Planning Your Move

After you identified that your friend is ready to be seduced, you'll need to plan the night for your threesome to happen. In a moment I will tell you a story that will put into perspective everything I've been telling you so far. You'll see how we planned our move and how we actually make a threesome happen. Planning is keyword! If your planning is done properly you'll know what your next move is and you'll soon be enjoying the ultimate fantasy. At this point you're only moments away so pay careful attention.

You need to agree on a subtle signal and response so you and your partner both agree the time is right. I can't tell you exactly when that will happen. You'll just *know* the

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time is right. Your plan may be as simple as skinny dipping or hot-tubbing; but it should be thought out and all details must be planned in advance. Planning won't only help you accomplish your fantasy; it's also a lot of fun! Karl and I have made some mistakes previously and due lack of proper planning we didn't manage to pull it off. For example; once when we were in Finland during a Christmas holiday, we met a really nice Finnish lady and we invited her to our rental apartment for a sauna session. In our excitement, Karl forgot to turn on the sauna an hour in advance and when we were ready for our move we realized the sauna was not hot. While we waited for the sauna to be hot, the mood cooled and needless to say we didn't experience our desired threesome...

Seducing Jessica

Let me tell you the story about the time when Karl and I seduced a friend of ours I'll call "Jessica" in order to maintain her privacy. Pay attention while reading the story and you'll identify many of the strategies that I've been teaching you.

For a long time my husband and I had fantasized about being with her. We pursued her friendship, always looking for excuses to have her around us. Normally women feel a bit uncomfortable being the third person, as they get to feel the "third wheel". Aware of this, we always made her feel needed and wanted. We valued her opinions, called her for advice, and we both developed a nice and comfortable relationship with her. Sometimes my husband would call her and send her e-mails, sometimes we both did. Our intention was for her to know that I was okay with his behavior towards her.

We had several "fishing" nights drinking wine and talking about many intimate things. It was clear to us that she was open for a threesome. We had been out together dancing and partying several times and Karl and I always enjoyed her company. I loved encouraging her to dirty dance with him, and once in a while, I'd join them by sandwiching him during the dancing session. We knew she was ready to be seduced...

We carefully planned the evening. A week prior, I told her that I had some extra money and I felt like getting some sexy lingerie to surprise my husband. I asked her if she'd help me select some, she graciously accepted and we both went to [La Perla](#). Whilst shopping, I encouraged her to also try on some nice sets and we both left with

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a few very sexy pieces of lingerie. Two days after that, I gave her a call and after a casual chit chat, I casually mentioned that my husband really liked the bra's and panties I bought, and jokingly told her that he also wanted to know what she bought. We both laughed and continued our chat. I asked her what she was doing the following Friday. She mentioned she had no plans, so I asked her to come over to our house for dinner. She agreed. The date was set. Karl and I knew that this was going to be the night. That Friday, Karl arrived earlier from work and we both got ready for her. She had been at our home many times, but from the moment she arrived she knew there was something different. The house was spotless and smelled of jasmine. The lights were dimmed.

There was very soft music and the dinner table was lit with candles..."What's the occasion?" she asked. "Oh, nothing, we just wanted to make it cozy" I replied. After a light dinner and a second glass of wine, Karl mentioned, "Jessie, you really have great taste in lingerie...I loved what you selected for Suzy." She thanked him and said that it is not only the lingerie, insinuating that my looks also helped a lot.

"I also bought a very nice set of briefs for myself," Karl mentioned, "Oh," I said, "I didn't know that," following the game with him. "I'd like to see them", I said. "Well, I guess you'll have to wait for tonight as I'm wearing them right now" Karl replied. I asked "And why should I have to wait? I've showed you mine immediately after coming back from the shop." Karl replied "Well, I'm not going to show them to you here, what's Jessie going to think?" "I am sure Jessie is okay with that, aren't you Jessie?" I asked, she grinned and shook her shoulders. "You see, come on show them to us..."

Karl stood up, unzipped his pants and as they dropped to the floor Jessica gulped; we could both see she enjoyed what she saw. I whistled fuuuu fuuuuu. Karl was just wearing a nice linen shirt and his new briefs; he looked very sexy. He told us that they were made of a very nice material and asked me to touch them, so I rubbed his bottom and said "Wow; this is really nice material" and I encouraged Jessica to feel the material too.

I could see she felt awkward about touching Karl's bottom, so I put my hand on top of hers and together we rubbed his bottom again. It is very nice material indeed, Jessica said. After that Karl mentioned that he heard from me that Jessica had bought some really cute stuff too. So I took the lead and asked her if she was wearing

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it tonight. She said that she was, but that she wasn't going to show it to us... I asked "Why not?" And she said because she felt a bit embarrassed. We both insisted and after a few minutes, she said "Okay, okay, I'll show them to you."

She started unbuttoning her blouse and she showed us her bra. "You got a gorgeous body," I said, "it would be really nice to see how the full set looks on you." This time I didn't have to insist, she took her skirt off and there she was suddenly modeling beautiful burgundy lingerie set. Wow! Karl told her how beautiful she looked. As I was the only one still in full gear; I also took my clothes off and started modeling my lingerie. Suddenly we all were half naked drinking wine. Karl asked if he could feel the material from Jessica's bra and without giving her a chance to answer, he softly grabbed one of her breast, and I did the same while Jessica stood there speechless, looking a little bit surprised but clearly enjoying it. As we saw that she didn't resist, the next thing she knew was that we both started sucking her nipples to hard points. She could have stopped us but as it felt so wonderful she didn't. It wasn't long before the two of us were spoiling her rotten sexually. After approximately 5 hours of pure sexual joy we all fell asleep to wake up the following morning very close to each other. We have repeated the experience several times and our relationship with Jessica is better than ever.

I'm sure you identified many of the strategies already mentioned. In my eyes this is just the right way to make it happen. What's even nicer is that threesomes only get better as they mature into comfortable familiarity. Remember: maintaining one relationship is much better and far easier than recruiting someone new each time.

The Point of No Return

When an airplane is taking off, there's a point in the runway that pilots know as the "point of no return." Once the aircraft is beyond that point it's safer to proceed with the take off procedure than to abort it. Beginner skydivers who stand in the door and look down but don't jump can never be convinced to stand in the door again. They endured the fright without the joy of the free fall to reward them for the danger. It is the same with a threesome. There's a point during the seduction where you either proceed or you'll screw up not only the night, but possibly your chances of ever having the opportunity to experience a threesome again with your lady friend.

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Remember; the first time at anything is always the hardest. One wise man once said that the best way to deal with fear is by confronting it. I can tell you by experience, that not knowing exactly where things are going will make you feel uncertain and even scared.

“All things are difficult before they are easy.”
- Thomas Fuller

Advancing Too Far but not Far Enough

Imagine this scenario: The three of you have just spent an enjoyable evening sipping Chardonnay, sharing your innermost secrets. Things are as planned, she seems interested, you're both very relaxed and you're starting to feel those butterflies flying in your belly. Suddenly she looks at her watch and announces she must leave because she has to work early tomorrow morning. At the door she smiles and gives you a hug, you give her a peck on the cheek and she holds you closer. Unable to resist, you find her lips and melt into a passionate kiss. You close the door enthusiastically thinking that you have made great progress.

Now, I'm not denying that you did. Maybe you have, but on the other hand you've also risked screwing things up. Since she was leaving there was no chance the kiss might lead to more. You laid all your cards on the table and accidentally announced your intentions with no chance of following through with your plan. Once the wine and the mood dissipate, she may feel uncomfortable or possibly find the situation a bit scary and might promise herself never to allow herself to come that close again. If this happens you lose.

Your mistake was advancing too far but not far enough. You took her far enough to scare her without showing her how wonderful the rewards could be. There's one rule that you must keep in mind: **Never start a seduction unless you're sure you can finish it.** In your planning you must take into consideration that you complete any trip you begin, and ensure your trip is not interrupted along the way. So plan accordingly.

Following the Path of Least Resistance

Our German ancestors taught us that water running through rivers flows through the path of least resistance. When structuring your plan, make sure the flow of the action requires little or no action on her part. Internet marketers mention always that you have to make it easy for customers to buy. If you tell them that they need to answer twenty five questions, fax you their passport number, fill out their credit card number and wait a week for a response, the amount of sales you'll close will be next to nil. However, if in a matter of three to four clicks your customers can buy from your website your sales will drastically increase.

In your planning you need to make sure that everything is effortless. Arrange the evening in a way so that decisions are painless. For example, avoid starting your seduction before dinner, or while cooking. Awkward circumstances and a "start-stop" process present too many choices, because they give her too many chances to think about what is happening. It will be hard just to have her swept away by the moment. Your smoothness will be the big clue here. *Emulate the River Smoothly Rolling Downhill*. Let the flow from the mountains to the sea be uninterrupted by stops, starts and sharp turns. You'll need to think of the right excuses to move further in your seduction. This is where your creativity will be paramount.

If you have the privilege of having a Jacuzzi at home or a sauna or a steam bath, these are excellent "innocent excuses" to follow the path of least resistance. These are the type of things you have to think of in advance in order to improve your odds. I suggest you brainstorm some ideas with your partner to come up with some excellent ideas so you can make sure your seduction follows the *path of least resistance*.

Undress for Success

Perhaps the trickiest element of seduction is undressing. You have to take into consideration that women feel more attractive dressed than undressed. Even supermodels have the tendency to think they're too fat; their boobs are too small, their butt too wobbly or something of this sort. With another woman in the room, she might feel even more uncomfortable. The discomfort of revealing her body must be eased before anything else can occur.

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“Women say they feel more comfortable undressing in front of a man than they do in front of other women. They say that women are too judgmental, whereas, of course, men are just grateful.”
- Robert de Niro

Undressing, is the pivotal last step before the action begins. At some point everyone knows what's about to happen and everyone is ready and willing but still dressed. Bridging the dressed to undressed abyss is crucial and can prove to be quite uncomfortable. It's imperative that you're very considerate of her modesty. Especially with beginners, you should provide some kind of non-threatening excuse to smooth the transition between “just friends” to lovers. Whatever your plans, make undressing easy and private, and make the excuse simple and logical.

Some women are self-confident enough and have no problem undressing in front of others. A significant minority are even closet exhibitionists who will disrobe at the slightest excuse. You'll be the only ones to measure her comfort. Do everything in your power to make this huge step as easy and painless as possible.

Dim the Lights

The best way to induce a nice atmosphere is by using candlelight. This softens sags, stretch marks and possibly the bit of cellulite that makes her self aware of her body. If the light is soft a woman will immediately feel much more comfortable with her nakedness.

A Trio Melody

German people have a word that is unique for their culture called *gemütlich* (pronunciation *ge-muhtligh*). Although there's no proper translation for it, the closest would be “cosy.” If you want to ease your seduction you need to make the atmosphere very *gemütlich*. Besides the lights, music is your best ally to induce the right atmosphere. Music is well-known to alter people's states of mind, so if you use the right music you'll be subconsciously ahead of the game in your seduction. However, beware of not using the radio or popular, known music, Why not? You want to be fully in control of this powerful ally. You can't let a radio station select the music for you, plus the last thing you need is to have lousy commercials playing while you're working on your seduction. Popular music can also trigger memories on

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your candidate. For example, you can be making your move and suddenly a song that reminds her of the time she ended her last relationship appears; your evening can quickly be over... My suggestion is that you take care of this “state inducer” and you use it to your advantage. Your selection must be just perfect. Relaxing, but not so much that it makes you sleepy. Your best bet is a nice selection of Lounge music. Here are some recommended “Seduction CD’s” for you:

- 1) [Nirvana Lounge 2](#)
- 2) [Near Eastern Lounge](#)
- 3) [Hotel Costes IV](#)
- 4) [Hotel Costes V](#)
- 5) [Best of Buddha](#)
- 6) [Ultra Chilled II](#)
- 7) [Café del Mar V](#)
- 8) [Nude tempo 1](#)
- 9) [Buddha Bar V](#)
- 10) [Beautiful Tomorrow](#)

Skinny Dipping & Jacuzzi's

If you chose a moonlight swim or the Jacuzzi, show her where to undress and give her a robe for the trip to the water. Avoid gazing at her when she's getting into the water. That way she'll feel more comfortable.

If your plan is to go to the Jacuzzi you must take into consideration your seating position as a couple. If you two sit together on one side of the Jacuzzi, you have inefficiently isolated her. Later it will be uncomfortable for you to move to her direction. It's much easier and faster to let her sit in the middle; this way you ease the flow process. Sometimes it's a bit difficult to do this, so if you're having a drink, position the bottle close to her, so you'll always have an excuse to move closer. Another idea is to have a ball to play keep-away or tag to initiate physical contact. You could also have a float or a small round raft at the deeper end. This gives everyone an excuse to comfortably close in the distance and be near.

The Biggest Secret

Now I'll disclose to you what I call “The Biggest Secret.” Using this technique you'll drastically improve your odds of having a threesome, and I thoroughly recommend it as the best transition way from being dressed to undressed. Everyone

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enjoys a shoulder rub right? Well, make it work to your advantage. This is the “start up” scenario; later on I’ll build towards even more intimate scenarios!

The plan that you and your spouse set, is working perfectly. You’ve just finished a light dinner and you’re still sitting at the dining table sipping some more wine. Your wife signals you that now’s the time and you discreetly acknowledge it. You stand up, pretend to go collect something and return to the dining table, however, instead of sitting down, you remain standing behind your wife. You put your glass of wine on the table and start massaging your wife’s shoulders. You continue the conversation while still massaging her. She’ll naturally tilt her head forward and you continue to massage her. She’ll mention how wonderful it feels. You now take a seat behind her and continue massaging her. However, this time you start to move down direction her lower back and her waist. The conversation could still go on. After around 10 or 15 minutes of back rub and massage, your wife will say; “Hey, it’s not fair for Julie” or Linda or whatever your friend’s name is. “I’m lucky enough to experience your massages regularly, but she doesn’t, why don’t you give her a massage?” Most likely your friend will be delighted.

The interesting thing here is that your friend knows that the woman of the seducing couple has already approved, so she’ll be more relaxed with it. This is your opportunity to start the action. Massage her sensually. Start with the shoulders, but also go to the lower back and dare also go below the waist towards her buttocks. When you are massaging her, get your body close to hers, and let her feel your breathing. Caress her hair and if you want blow tenderly on her bare skin. If she’s wearing a tight blouse ask her to release it from her pants, so you will have access to her back without having to massage her blouse. Insert your hands from below so you have access to her back. Keep the massage soft and sensual, while the conversation still goes on. Carefully undo her bra, and continue massaging. If she doesn’t object to you undoing her bra, you’re already at second base. If she does object simply slow down a little. By that time it will be a good idea for your wife to get involved. She can take her hand and start massaging her hand and arm. By then she probably already feels that warm glowing feeling in her tummy and at this point there are two things you can do.

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Massage Scenario One

Your wife can say. "Have you ever experienced a four-hand massage? It's wonderful!" You can follow with, "Well; why don't we give Julie a four-hand massage?" At that moment, she's so tenderly relaxed and so comfortable with you guys that highly likely she won't object. Your next move is for either one of to say; "Come let's go to a more comfortable place," so you three stand up and one of you can go get her a bathrobe and a towel so your friend can cover herself. Later show her where she can get undressed, then leave her and say "I will go warm up the oil, when you finish lie down and relax for a minute." This will allow her to privately disrobe and choose a comfortable position without anxiety.

With her face down, you may remove the towel without revealing all of her treasures at once. This makes the transition easier for her and the surprises more exciting for you, like unwrapping a present. Both of you could massage her for a while. Avoid getting to her intimate parts too quickly. Do her arms, her face, her feet, her toes, and legs and little by little start moving towards her butt and inner thighs. I recommend that the female of the seducing couple takes care of her thighs, bottom and getting close to her anus and labia. She'll feel more comfortable being touched by her friend than by the husband of her friend.

Vital Transition Points

After such a great massage, she'll be feeling wonderful. This is the critical point; the point where you'll be moving from friends to lovers. Now it's his turn to be massaged. At this point your new friend will be moving from passive recipient to an active participant and your husband's male body is a familiar terrain for the transition. By allowing her to touch your partner you give permission for what is about to happen.

Showing her how he likes to be touched gives her experience and confidence. His penis is a logical spot to smoothly convert her from friend to "partner in crime." Oil her hands and say, "This is my favorite part. I'll show you how he likes it". Explain the technique and then help her massage his erect penis. By inviting her to touch his penis you're simply giving green lights that it is okay, and she'll be encouraged to continue. Let her stroke him until you're sure she has slowly moved to a heightened sexual mood. This is the time to switch.

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The turning point in your relationship is about to happen. With everyone in an excited state, you'll now introduce her to the female flesh. This time is his time to take the lead in showing her how to touch you. She may be hesitant at first in exploring a female body so he must encourage her. While you are laying down face down, give small approval noises when she's doing what you want. When she massages your erogenous zones, move slightly in concert with her strokes, letting her know how much you enjoy her touch. Your husband should position himself behind your head, so she will have no option but massage you, below your waist. This way she'll grow accustomed to feeling your intimate parts.

Starting the Festivities

After the three of you have experienced a four-hand massage, and you feel natural comfortable with each other, it'll be time to move to the threesome festivities. This is a natural move; therefore the male should not initiate the action. If he begins to make love to his partner, your new friend will feel uncomfortable and may retreat. If he makes an overt move toward the invited friend she may worry that what she's doing upset's the other woman or that she's taking advantage of the situation. So the safest road to success is for the female in the seducing couple to reassure and guide. It's not uncommon that after such a massage warm up; your friend will take matters into her own hands and inaugurate the festivities herself. Perhaps this is her way of giving permission or merely a unique way of saying thanks.

If she doesn't make the first move, what I usually do is claim that I'm getting cold, open my arms to her and invite her to lie on me. I move my hips beneath her and slip one thigh between hers. Interesting enough, at this moment is when our lips find each other for the first time and we passionately kiss.

I think it's now clear to you why massage is my favorite method to transform friends into lovers. It's sensual and it also heightens the anticipation and the sexual tension. Besides, it's the perfect prelude to a very erotic experience.

Here are some books on massage that I highly recommend, you can just click on the link and order them. In my eyes you'll be much better in seduction if you know, learn and practice the art of sensual massage. Besides, very likely your friend has never experienced the four-hand massage; you'll get her hooked in no time!

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- [**The New Sensual Massage: Learn to Give Pleasure With Your Hands**](#)
by Gordon Inkeles
- [**Sensual Massage for Couples**](#)
by Gordon Inkeles, Greg Peterson
- [**The Art of Sensual Massage: Techniques to awaken the Senses and Pleasure Your Partner**](#) by Marcus Salnickiy
- [**The Art of Sensual Aromatherapy: A lover's guide to Using Aromatic Oils and Essences**](#)
by Nitya Lacroix, Sakina Bowhay

Massage Scenario Two

The other possibility is that your wife says; “Goodness, Tom has been massaging us for half an hour already, I think it’s time we do him, don’t you think Julie?” Highly likely she’ll just go with the flow. Then the following move is to ask your hubby to go lay down face down on your bed or sofa, and you can start massaging him whilst he’s still dressed. After about 5 minutes, your wife should say: “I’ll go bring some oil, do you mind taking your shirt off?” Then just proceed. The role of your spouse here will be to guide her to be less ashamed of touching “her friend’s husband,” and to assure her that it is okay to touch him.

Welding Torches and Gas Ovens

Dr. John Gray, in his book [*Mars & Venus in the Bedroom*](#), mentions an interesting metaphor. He says that men are like welding torches. As soon as they’re lit up they’re ready to burn. Their flames can be on full blast within seconds. However women are like ovens. You must wait for the oven to be hot before you put the turkey inside. I think this metaphor applies perfectly to Adonis Trio’s (FFM) because your goal is to pleasure the third person in a way that she’s never experienced, so she’d like to come back right? Well, in that case, taking your time is the best approach!

Beginners tend to massage her back a few minutes and then jump on top of her. This is a bad move. Extend the massage much, much longer than you think necessary. Massage is very erotic and will also help her acclimatize to being nude with new partners and to grow accustomed to the female touch. A long sensuous massage will overcome any last minute jitters.

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A massage is an excellent technique to convey that no part of your body is off limits by lightly touching and gently exploring all of her. Avoid concentrating on her erogenous zones, you'll have enough time to do those, what you are doing at this moment is "warming the oven" remember? The key point here is to prove to her from the beginning that you are a slow sensuous couple who'll make sex everything she always dreamed it could be and more! If you're the best she's ever had, she'll come back!

The Most Important Ingredient for Success

You need to take into consideration that a woman can get a "wham-bam-thank-you-Ma'am" anytime she feels like it. She doesn't need you for that. What she'll always appreciate is the slow, tender love she is missing somewhere else ⁽²⁾. Her main attraction to a threesome may be possibility of having the soft tender attention she has always dreamt of. The shy giggles; the long, lingering kisses; the soft, tender touches; the gentle, probing investigation of unexplored spaces; the tranquil discovery of unimagined new pleasures; and the slow, building stimulation of a *real* seduction.

My advice is to follow the female pace. Remember your friend didn't join you for a quickie. The best method to make her come back is a long, candle-lit, romantic evening with lots of sweet nothings, dabbling caresses, prolonged kisses, relaxed cuddling and warm, all-accepting shared love ⁽³⁾. One of the reasons females fantasize about other women is because of the soft tender feelings they know females are able to provide. An Adonis Trio (FFM) is the perfect opportunity for her to experience those feelings without feeling uncomfortable about the fact that she's involved in "lesbian" behavior.

As I mentioned earlier, most women are bi-curious. If you provide the possibility of a non threatening experience, where she can explore the soft and tender touch of another woman and the warmth and strength of a man, she'll be delighted. Once and for all: the real secret for successful Adonis Trio is to focus on your friend, not on your own pleasure. Your pleasure is a by-product of providing pleasure to your friend. An Adonis Trio will always be more enjoyable when seen as a selfless act of providing pleasure to the invited friend. I've found that this type of behavior also influences your love making as a couple. Because your husband or steady partner, being aware of how to deal with two women, he also learns how to deal better with

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his own woman while you're just by yourselves. So as an extra tip, help him learn what you like while you're experiencing a threesome and he'll improve his lovemaking to you.

Conclusion

Arranging an Adonis Trio (FFM) is fun. The fact that you'll both conspire and work together as a team to seduce your friend will help you learn a lot about each other. I'm certain that the previous pages of information have given you enough advice to turn your threesome fantasy into a reality! It's up to you now!

"What is a friend? A single soul in two bodies."

- Aristotle

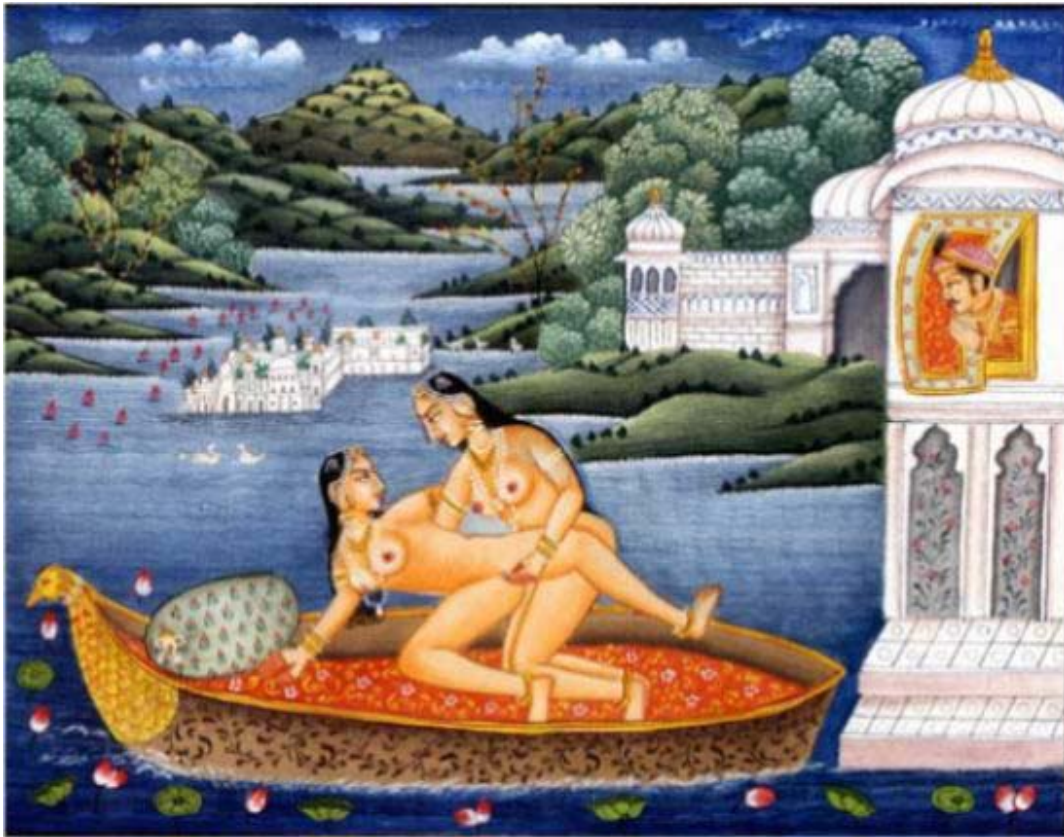
"Time isn't what makes a friendship last..."

It's love and devotion that keeps the tie between souls."

- Author Unknown

Chapter 10

About Last Night...



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*“When you arise in the morning, think of what a precious privilege it is
to be alive - to breathe, to think, to enjoy, to love.”*

- Marcus Aurelius

Relationships Transformed

Sometimes, the transformation from friends to lovers can be a bit awkward. It doesn't matter how well you've planned or how competently you've executed your seduction; the three of you have gone through drastic changes without you realizing it. Most likely for the first time in your life you've watched others have sex and, more important, you've shared your lover with another person. The two ladies have indulged in desires their parents would never understand. The guy has watched his partner experience a type of pleasure he'll never have the chance to fully know. Your invited friend has set a new one-night record, adding not one but two new lovers to her life...

Because you crossed the barrier between a desired fantasy and the acted upon fantasy, the morning after, when the passion and excitement wears off is bound to feel awkward for the three of you if you haven't taken it into consideration in your planning.

Good Morning Honeys, Now What?

Strange enough, the awkwardness won't be about what *happened* last night, but how the three of you *perceive* what happened last night. This piece of advice makes the whole difference in the entire ordeal. All of you are going to have questions that are going to be rumbling inside of your mind.

- ♂ Was I a good enough lover to make everyone else happy?
- ♂ Is my best friend sorry she let me between her legs?
- ♂ Does my friend think I'm a slut?
- ♂ What does he think after watching me kiss and make love to a woman?
- ♂ Is my wife going to resent how much I enjoyed her friend?
- ♂ Is anyone sorry?
- ♂ Will our relationship change?
- ♂ Did I do anything that neither of them expected?

To better prepare for the "morning after," I suggest that you talk to your partner prior to your seduction and together try to visualize how that morning will be. You need to give each other permission to experiment freely without feeling watched or observed

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during the night; at the end of the day that's what it is all about. Promise each other that the threesome you're about to experience isn't so much about you two but about making the third person feel great as we discussed earlier.

Great Things to Say

The following morning you have to thank your guest for such a fantastic evening and to do so you need to alleviate all her doubts. Just a few words can make all her uncertainties disappear. In order to make her feel good about last night it will be great if you say things like this:

- ♂ That was the most exciting night of our lives . . . thank you for sharing our bed.
- ♂ I can't tell you how much I enjoyed last night. . . you are fantastic.
- ♂ You two are fantastic women . . . You made every man's dream come true.
- ♂ Darling, thank you for helping me seduce her . . . I loved sharing you with her.
- ♂ Honey, I loved watching you together.

Remember, the morning after will be the one and only chance that you'll have to make her feel loved, desired and wanted. The last thing you want is for her to feel in any way used. So whatever time she spends the following morning together with you guys, *she* needs still to be the focus of attention. Later on you'll have time to share, talk and connect with your partner, but for the time being she's the "princess".

How you deal with the morning after will greatly affect how many more threesomes will follow. Remind yourselves that whatever happens; you should not withdraw. If you make her feel like a stranger in a strange land, you'll not only damage the relationship, but you'll make her think that what she did was wrong. Very likely she'll never repeat a threesome ever again. How you treat her the following morning determines how she'll also feel about you and the threesome just experienced. So, even if you're not a morning person, attempt to make your guest feel welcomed, loved and accepted. Include her in your morning routine, have breakfast in bed together and let her help you clean up last night's mess if she wants to.

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Kind words are never more needed than now:

- ♂ We're never going to wash the sheets. I want to lie in bed and smell us forever.
- ♂ Jack wants to frame the wine cork as a souvenir of the best night we've ever had.
- ♂ I wouldn't mind doing this again tonight or next week.
- ♂ The next time you have a free night, please let us know.

A very important comment to make would be “What about making love one more time before you go?” This will confirm to her that what happened last night was not an accident or it only happened because maybe you were tipsy.

The best way to know if you're doing a good job is try to think of how *you* would like to be treated after the first time you made love to someone, or if you are a guy how would you like to treat someone after the first time you make love to her. This is very important for women and besides the naughtiness of the prior evening this is what lingers the longest in a woman's mind.

If she has no rush to leave, hang out together naked, shower together, enjoy each others company, wrestle your husband together, be as playful and as loving as possible. What you want is that she leaves that day with a feeling of happiness in her heart, instead of a feeling of doubt.

Our friend is gone. Now what?

After she's gone, it's time for you and your partner to connect with each other. Talk about the experience and relive what you've accomplished together. This is the time to bring out your feelings. Tell each other honestly how the experience was; it's also the time to compliment each other as much as possible about their performance. From this moment the female in the seducing couple becomes the “queen of the world” and the male's duty is to spoil her rotten for days to come. This works in his favor, because it'll be an incentive for her to allow you to experience more threesomes.

***“The breeze at dawn has secrets to tell you.
Don't go back to sleep.”
- Rumi***

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Bonus Tip

A small tip that will simply show your thoughtfulness as a couple towards your friend is to send her a bouquet of flowers the next day with a nice but naughty card telling her how grateful you both are and how special she is. Mention that you'll never forget that beautiful night.

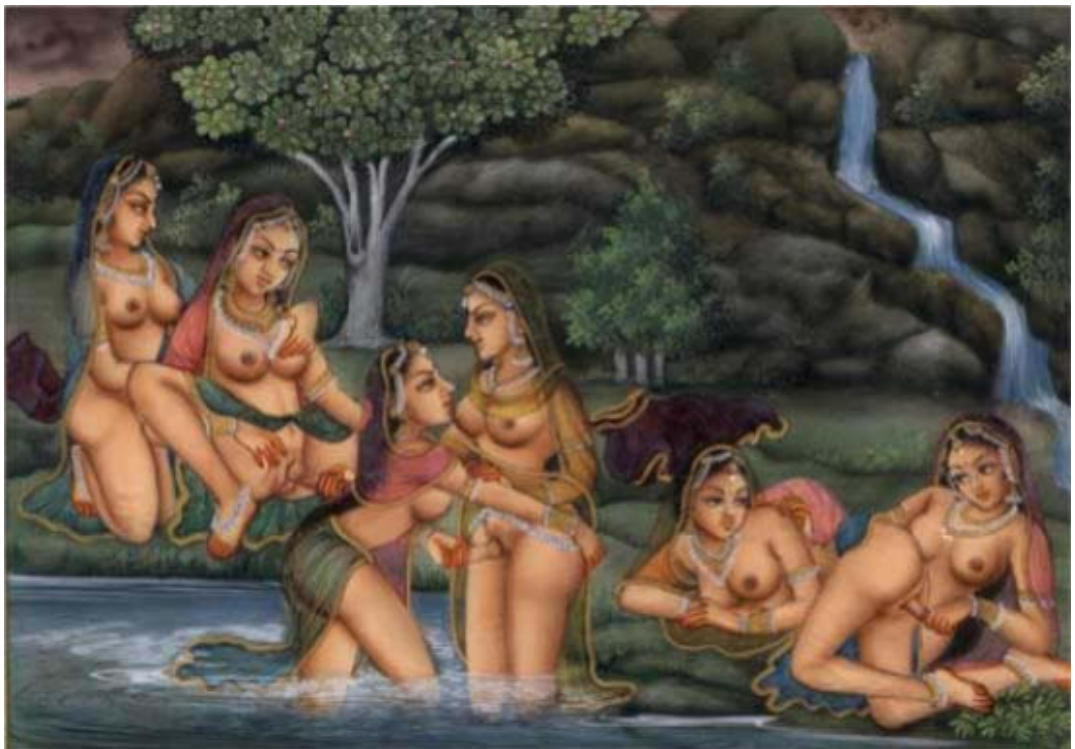
Important Considerations

Make sure you leave the door really open for her to come back, however don't assume that just because it happened once it will happen again. Now the ball is in her court. Respect her choice and avoid assuming that just because she slept with you, you have a relationship. Single women react differently every time, so it's virtually impossible to give you a recipe. My advice is that you play it by ear; next time you both see her embrace her tender, but don't try to jump on top of her right away with a passionate French kiss. As a woman meeting your friend again after *that* night, act totally cool and natural about it and reinforce that it was a wonderful night. **By no means display any feelings of uncertainty or confusion.** If she sees you're comfortable and confident she'll consider returning, this will show her that you're a mature couple where she can seek refuge and with whom she can explore her erotic fantasies with ease and confidence.

Conclusion

I've heard many comments of people who have experienced a threesome and interesting enough they swing on a scale from "the best sexual experience of my life" to "highly overrated" to "it screwed up my relationship with my friend." This reminds me of the roller coaster ride in the amusement park. Some people get on it and have the time of their life and others come down throwing up and are sick for the rest of the day. Same experience, but complete opposite reactions. Why does this happen? Well, simple; **FOCUS**. If they focus on the shakes and turns and go against the flow because of fear, they will get sick, however if they let themselves go and immerse themselves in the fun, they'll love the ride. Threesomes are the same. If you're a responsible person and you simply want to explore your hedonistic urges and go with the flow, always looking ahead, then you'll have a great time. However if you behave irresponsibly, don't follow the right advice and do the wrong things you won't enjoy it. The choice is yours and only yours.

Understanding Bisexuality



www.artoflegendindia.com

***“Being bisexual doubles your chance of a date
on Saturday night.”***

- Woody Allen

What is Bisexuality?

Bisexuality may be a difficult topic to comprehend. A lot of us are taught to look at almost everything in the universe as a duality: male and female, hot and cold, moral and immoral, right or wrong, light and dark, etc. This is also seen in the area of human sexual orientation. Most of us view it as existing in just two forms: heterosexuality and homosexuality. But human sexuality is a little bit more complex than that. You simply can't squeeze the full range of human sexual feelings and behaviors into merely two classifications. A minimum of three is really needed to represent human sexual attractions and activities: heterosexual, homosexual and bisexual.

According to www.biresource.org, bisexuality is the potential to feel sexually attracted to and to engage in sensual or sexual relationships with people of either sex. Bisexuality describes how people feel, not necessarily how they act; a bisexual person may not be equally attracted to both sexes, and the degree of attraction may vary over time. Self-perception is the key to a bisexual identity. Many people engage in sexual activity with people of both sexes, yet don't identify themselves as bisexual. Likewise, other people engage in sexual relations only with people of one sex, or don't engage in sexual activity at all, yet consider themselves bisexual. There is no behavioral "test" to determine whether or not one is bisexual.

In the book [Homosexual Matrix](#) by C.A. PhD Tripp, the author mentions the following:

"From the moment it is realized that there are no instincts to guide human sexuality, the whole problem of the origins of heterosexuality looms as a major puzzle. Where does heterosexuality get its backing, particularly to become an exclusive preference? The magnitude of this question is not instantly apparent, since on the surface, nothing would seem simpler. Most people see their heterosexual responses as innate and automatic, but trained observers understand that people are specifically heterosexual because they have been geared by their upbringing to expect and to want to be. One reason most people are heterosexual (as opposed to polysexual) is that their religious and social traditions directly support family living and the kinds of mate ships that comprise it. Certainly there is nothing mysterious in how family life communicates itself as a model to be followed by each new generation. Nor does it seem necessary to spell out the innumerable ways in which people in our society

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are informed of heterosexuality, have their expectations and overt experiences channeled toward it, and are warned against deviating from it."

My First Bisexual Experience

It's clear to me that there's a very rigid "Sexual Matrix" that tells us how to live our sexual lives and interesting enough, most people follow it, because they simply don't question it or because of fear. I have to admit that in my first Adonis Trio (FFM) several years ago, I had no idea how to arrange it, let alone predict how things might evolve. As I mentioned earlier I had asked a close girlfriend of mine to join us. I knew she might be open for it because we had talked about our fantasies previously. She had told me that having a threesome was one of her biggest fantasies. Only, her fantasy was an Aphrodite Trio (MMF). As it was going to be the very first threesome for the three of us, I had no idea if we would find any attraction between us girls whatsoever. Even though in my fantasies a threesome had seemed really erotic, I actually had no idea if I would enjoy it for real as I'd never experienced it before. My girlfriend and I discussed it and we agreed beforehand that we wouldn't get involved with each other. We would focus only on my husband and give him the time of his life by having two blondes to spoil and satisfy him. Although we had agreed that nothing would happen between her and me, it actually didn't take long before the two of us started to interact with each other too. It felt more comfortable and natural than expected and before we knew it, there was passionate interaction amongst the three of us. This experience has opened many doors for me and ever since has strongly enhanced my sex life.

Understanding Bi-curiosity

Most women have at one time or another fantasized about being with another woman (unless they deny it because of the strong "Sexual Matrix"). Because of this, the term "Bi-curious" was coined in the 1970's. Female same sex curiosity is a fact of life but few people feel free to explore it. Please remember once and for all; there is nothing wrong with women fantasizing about being with another woman; it's a natural tendency.

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Prominent Bisexual Women

Have you also noticed how the bisexual theme is more and more in magazines and television programs? Searching through the internet I found a very interesting website called www.slik.org.uk. In this website, I found a list of prominent bisexual women. I believe it's interesting for you to learn about a few of the women who've taken their sex lives to a new level by exploring bisexuality.

Elizabeth J Andrew

Author of [*Swinging on the Garden Gate: a Spiritual Memoir*](#), which explores the relationship between sexuality and spirituality, particularly bisexuality. She is a writer, spiritual director and instructor of creative writing at the Loft Literary Center in Minneapolis, USA.

Joan Baez

Born in 1941, came out as bisexual in 1972 - folk singer and political activist, often linked with Bob Dylan, still recording and touring in the 90s.

Drew Barrymore

Possibly most famous for her role in "E.T.", she was addicted to drink and drugs by the age of nine. She later went on to do a Playboy photo shoot and has recently revamped her acting career. She also devotes much time to charitable organizations including the Wildlife Way station and the Female Health Foundation.

Simone de Beauvoir

A major figure in the feminist revolution, author of "The Second Sex", member of the French resistance during WW2 and lover of philosopher Jean-Paul Sartre.

Susie Bright

Sex positive feminist author and editor of women's erotica.

Louise Brooks

According to the biography by Barry Paris, Louise not only portrayed the first bisexual character on the screen (Lulu in "Pandora's Box") but also had sexual relationships with a number of her female friends.

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Kate Brown

An openly bisexual woman who holds one of the Oregon Legislature's top leadership posts, she is actively fighting to outlaw the state's discriminatory laws that were introduced in 1975.

Neve Campbell

Her character, Julie, in American TV series, Party of Five, becomes involved with another woman after dumping an abusive boyfriend. Also plays a supposedly bisexual character in the teen film *Wild Things*.

Coco Chanel

World famous fashion designer and socialite of the 20s and 30s, she is rumored to have had a "lesbian affair" with Misia Cert.

Cameron Diaz.

It is not strange to see her seducing women on and off stage. Although very private on her sex life it is well know that both men and women fancy her.

Marlene Dietrich

Well-known for her bisexuality and cross dressing in the heady and decadent 1930s. The biography written by her daughter, Maria Riva, tells a lurid tale...

Ani Di Franco

Grammy award winning singer and openly bisexual, her music deals with intensely personal themes of abortion, sexuality, stereotypes and relationships.

Stella Duffy

Author of [Eating Cake](#), about a straight woman who has a gay fling. "If the world were a different place, I might use the word bisexual to describe my own sexuality. I would also use it to describe the sexuality of very many of my ex-lovers and friends, both straight and gay."

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Althea Flynt

Co-editor of Hustler magazine alongside her husband Larry Flynt.

Marjorie Garber

Harvard English Professor and author of Vice Versa: Bisexuality and the Eroticism of Everyday Life which espouses the view that everyone is basically bisexual.

Greta Garbo

Garbo lit up the silver screen in 1933 as Aphrodite Christina, the very bisexual Aphrodite of Sweden - dressed in drag and kissing her female co-stars. Garbo is rumored to have been Marlene Dietrich's lover.

Judy Garland

Dorothy from "The Wizard of Oz", she also had a successful singing career, often claimed to have been bisexual, she is certainly a gay icon.

Sophie B Hawkins

Singer/songwriter who describes herself as "omni sexual."

Anne Heche

Actress who has had relationships with actor Steve Martin, and most recently, the rather more famous Ellen deGeneres...

Patricia Ireland

Former President of NOW, the largest feminist organization in the US.

Joan Jett

Rock chick extraordinaire, with a career spanning from the 70s to the 90s, first with The Runaways and now as Joan Jett and the Blackhearts. In 1997 the band appeared with Ellen de Generes on the TV show "Ellen".

Angelina Jolie

Daughter of Jon Voight, she played lesbian characters in two films, "Gia" and "Foxfire". She recently divorced, and has been involved with her co-star from "Foxfire," an out lesbian supermodel.

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Grace Jones

Another gay icon, fashion model, singer and actress with a tough ultra vixen image (notably she slapped a TV interviewer in a live broadcast). She hasn't surfaced much since the 1980s.

Janis Joplin

1943-1970. Her musical career spanned 3 years, with only one album release, her short life is a monument to 1960s excess. Disastrous relationships and alcoholism led to her death in a Hollywood hotel in 1970.

Frida Kahlo

One of the foremost artists of last century, she was married to fellow painter Diego Rivera, but according to art historian, Hayden Herrera, both partners had numerous affairs, Frida with both men and women.

Billie Jean King

Tennis superstar of the 60s and 70s.

Courtney Love

Lead singer with grunge band Hole, widow of Kurt Cobain. "Some women can be completely gay. I'm not one of them. When I do it, though, I like really trashy porno girls. Like porno 44DD and they have to be really aggressive. Otherwise, why bother?"

Madonna

She tantalizes and drops hints, and has admitted having sex with women (although she denies the affair with Sandra Bernhard), according to the *Encyclopaedia Britannica*, "She isn't bi, she just swings that way."

Maria Maggenti

Director of [The Incredibly True Story of Two Girls in Love](#) describes herself as omni sexual, and the film certainly has a fine cast of bisexual characters.

Shirley Manson

Lead singer with Britpop band Garbage.

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Evelyn Mantilla

Possibly the only openly bisexual American politician.

Marilyn Monroe

Rumored to have had an affair with her drama coach Natasha Lytess. Of Lytess, she said "She was a great teacher, but she got really jealous about the men I saw. She thought she was my husband!", and Lytess on Marilyn "I taught her how to walk, how to breathe." It has also more recently been claimed that she had an affair with stripper Lili St.Cyr and Brigitte Bardot recounts in her autobiography that Marilyn also seduced her.

Martina Navratilova

"I have loved men and women in my life; I've been labeled 'the bisexual defector' in print...I don't like labels. Just call me Martina."

Me'Shell NdegeOcello

Powerful singer whose subject matter includes spirituality, sexuality, hypocrisy, religion and racism. Her last name means "free as a bird" in Swahili.

Anais Nin

Her famous diaries detailing her love affairs with both men and women are explicit and erotic. The film "Henry and June" was based on Anais' affair with the erotic novelist Henry Miller and his wife June (played by Uma Thurman).

Robyn Ochs

Bisexual speaker, workshop leader, teacher, writer, activist and editor of the most amazingly useful [Bisexual Resource Guide](#).

Joan Osborne

Well, whether or not god is one of us, Joan Osborne certainly is! Singer/songwriter.

Carol Queen

Contemporary writer and cultural sexologist whose essays on sexuality have appeared in numerous publications, she is enrolled in the Doctoral Honors Program at San Francisco's Institute for Advanced Study of Human Sexuality, and has worked as a trainer at San Francisco Sex Information, the nation's oldest telephone sex

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referral hotline, and is Director of Continuing Employee Education at [Good Vibrations](#), the feminist, worker-owned sex toy and book store.

Denise Richards

Together with Neve Campbell she plays a bisexual character in the film Wild Things. Also in a guest appearance in the Show Spin City she plays a bisexual character trying to seduce Heather Locklear. Denise and Charlie Sheen married in 2002.

Eleanor Roosevelt

Wife of Franklin Roosevelt, she virtually ran the country in the later years of his illness. She had a long standing female lover, which of course, was kept very quiet at the time!

Diana Ross

Contemporary songstress and gay idol... "I really feel like you can love a lot of people; it doesn't really matter whether they're male or female...My relationship with guys, girls ... I just feel like you can be in love with anybody. You can love a woman. I mean, what makes you not be able to love like that? You know what I'm saying?"

Vita Sackville-West

Poet of the Bloomsbury set and lover of Virginia Woolf, the biography "Portrait of a Marriage" by Nigel Nicholson documents Virginia's bisexuality through letters and journals.

May Sarton

Belgian poet and author.

Cher

Actress and singer. In an interview accepted having had sex with other females.

Maria Schneider

French actress, born 1952. Starred in the controversial film Last Tango in Paris, she came out as bisexual in 1973.

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Bessie Smith

"Empress of the Blues" during the roaring 20s, she was notorious for her public displays of bisexuality.

Jill Sobule

Contemporary singer whose career took off with the release of the song "I Kissed a Girl".

Dusty Springfield

1939-1999. Described by Rolling Stone Magazine as "Britain's best ever pop singer", immensely popular in the 60s, in 1987 she enjoyed renewed success with the Pet Shop Boys. She was inducted into the Rock and Roll Hall of Fame in 1998 and was awarded an OBE shortly before her death from breast cancer.

Sharon Stone

Played a bisexual character in the homophobic "Basic Instinct", and has talked about her experiences of dating women...

Ana Torroja.

She was the lead singer of the Spanish group "Mecano" in the 80's and 90's. Several of her songs are about love affairs between two women.

Rachel Williams

Supermodel who presented the Abysmal Girlie Show.

Virginia Woolf

Rumored to be bisexual (and often claimed as a lesbian forced into a loveless marriage), her novel "Orlando" certainly has a bi theme.

Xena: Warrior Princess

Character in a sword and sorcery TV series. The relationship between the female leads, Xena and Gabrielle, is clearly lesbian, although both have male lovers.

For a more extensive list of names visit the source:

<http://www.slik.org.uk/women.html>

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* LEGAL DISCLAIMER

My intention is not to label anyone, I'm simply sharing information I learned about on the internet or other media. If you feel that an entry is incorrect or defamatory, please contact *Trinity Publishers* at info@trinityebooks.com

I'm not saying that all these women are bisexual by nature; most of them simply experimented. Like I mentioned before in my very first threesome experience I didn't expect that I would sexually interact with my girlfriend, however, it developed naturally and it was a beautiful experience. My husband often says: "For women there's a very thin line to cross and discover the sensuality of female bisexuality." Sometimes you need to be driven to that situation to experience it, because you've been so strongly conditioned, that it might be very hard for you to act on it on your own. However the moment you go beyond that threshold line, your life will never be the same again.

Bisexuality between men

Amongst men it's a completely different story. The tendency is not as frequently found, however it does exist. As a woman I don't find it strange to touch, kiss or caress other females without sexual intentions. Men however, feel very uncomfortable with this. My husband is straight and we've never had a bisexual "male" experience, therefore I consider myself unqualified to write about the topic. If you'd like to get more information because you feel this is something for you visit this website: <http://serf.org/jon/soc.bi/faq/a.html>.

Now you can understand the point I tried to make earlier when I mentioned that the best arrangement in my opinion is an Adonis Trio (FFM) because in the Adonis Trio there are two women and one guy and so there's normally a lot of interaction between the *three* people. During an Aphrodite Trio (MMF) however, there usually is no interaction amongst the males. Find out for yourself what you prefer! It's up to you to experiment and discover new ways to enhance your sex life.

Women like Women

In your search for a gal for your Adonis Trio (FFM) you have to keep one thing in mind and that's the word *curiosity*. Just think about it; there's a strong indication of sexual female dissatisfaction. You may have heard that men and women are radically different in many aspects. When it comes to sexual behavior it's extremely apparent. *Bill Strong* says in his book *Seduction*: "To a man sex is physical, like gulping water

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when you are thirsty. To a woman sex is emotional, like sipping wine after you are sated.” *Robert J. Sternberg* from *Yale University* made a very interesting observation: “Women are better at achieving intimacy and value it more than men do so if women don’t get the intimacy they crave with a man, it is not uncommon that they try to find it with other women.” Most women will subconsciously welcome the opportunity to experiment with women, but are afraid of doing so by themselves. You can help them by opening the door to your bed and letting her share your wife with you. If you don’t believe me just look around and you’ll see, how women feel much more at ease with each other than guys feel at ease with themselves. We gals don’t feel uncomfortable caressing each other, or rubbing sun tan lotion on each other. For us it’s fine to greet with a kiss when we see each other. We’re alright being naked with each other in the sauna or steam bath. It’s not uncommon to see girls walking arm in arm while shopping. When women get a massage they feel as comfortable getting a massage from a guy or a girl. Women can see erotic pictures of other women without feeling awkward admitting that this or that woman has beautiful features. There are more pictures of women in women’s magazines than in men’s magazines. Women are fascinated with each other; it’s a fact of life that can hardly be denied.

On the other hand, males are not so comfortable with these types of issues. If you don’t believe me, show a “straight” guy a picture of a naked guy with a hard on and you’ll see his reaction. The threshold line to be crossed for a woman to be sexually involved with another woman is by far thinner than it is for a man. Knowing this background information might give you an advantage when you’re working as a team to find your female companion for the Adonis Trio (FFM).



If you are looking for a very good site to place ads and search for ads to find bisexual women visit: www.justbi.com.

The great advantage of this site is that it’s run by women, and they only accept you if you’re a woman. This is a phenomenal source to find bisexual women for your Adonis Trio. It is well worth the subscription price; however, I have to remind you that once again, the female in the seducing couple needs to do the recruiting!

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Conclusion

To conclude this chapter I would like to use a quote of anthropologist *Margaret Mead*, the most famous social scientist of the 20th Century, because I feel it simply encapsulates everything that I've mentioned in this chapter.

"What is new is not bisexuality, but rather the widening of our awareness & acceptance of human capacities for sexual love. Today, the recognition of bisexuality in oneself & in others is part of the whole mid-20th century movement to accord to each individual, regardless of race, class, nationality, age or sex, the right to be a person who is unique & who has a social identity that is worthy of dignity & respect... Even a superficial look at other societies & some groups in our own society should be enough to convince us that a very large number of human beings, probably a majority— are bisexual in their potential capacity for love... We will fail to evolve in our understanding of human sexuality if we continue to see homosexuals merely as "heterosexuals-in-reverse," ignoring the vast diversity actually represented by society's many varied expressions of love between people."

"Men are good but women are magic."

- Catherine Deneuve

"I do believe in true bisexuality. We all have the capacity. (My partner) Julie is much more bisexual than I am. The more the world understands their bisexuality the better we'll be. I'm attracted to souls. I can be attracted to both."

- Melissa Etheridge

To Fab (LA gay paper), Dec. 23 1999

source: BiResource.org (Bisexual Resource Center).

Chapter 12

Choosing Your Ideal Trio Woman



<http://www.artoflegendindia.com>

*“If society will not admit of woman's free development,
then society must be remodeled.”*

- Elizabeth Blackwell

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Recruiting a Candidate

Threesomes are much like bungee jumping. If you walk down the street trying to recruit a bungee jumping partner, you're bound to get very frustrated. Even if you offer large sums of money, many people will turn you down. If your life depended on it and you really *had* to get a bungee jumping recruit, you'd probably end up snatching someone off the street, threatening him or her; handcuff the person and dragging him or her to the top of the crane. Even if all goes well, after the jump you'd likely be arrested and sued for all you're worth.

If you concentrate on those who hate bungee jumping, you'll fail. The trick is to find someone who *wants* to jump and then make it easy for that person to join you. This is exactly how you should recruit for your threesome; find those who are interested and make it easy for them to join you.

“Lead me not into temptation; I can find the way myself.”
- Rita Mae Brown

Landing Your Airplane at the Right Airport

The most important rule for pilots is to have a flight plan before take-off. In other words, they need to know where they are headed before take-off. If they don't have the flight plan it's highly unlikely they'll be able to reach their destination, and even worse, they might run out of fuel and might be unable to find a place to land. Anything is possible but you'd be better off concentrating on the probable. To expedite your quest, begin by distinguishing between the attainable and the unrealistic. I recommend you take some time to complete your flight plan before rushing for take off.

The Dream Candidate

Most men have already identified their ideal play mate. She's a beautiful 19-year-old blonde, tall, bisexual girl with large firm breasts looking like *Mena Suvari* starring in *American Beauty* desperately seeking the thrills of your bed. Sorry to burst your bubble, but I think it's time for you guys to wake up. This ideal icon is as hard to find

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as a needle on a hay stack. Possibly your dream girl does exist, but it will be a long struggle trying to find her. Remember that many of these girls are still waiting for the “Knight” in shining armor to arrive on the white horse. Besides, remember what I’ve told you at the beginning; everything in life is about understanding psychology. Well, I regret to break this news to you, but the psychology of this type of girl is probably not ready to experience a threesome. You’ll be better off scratching the young, innocent, tight-body from your list, at least for your first threesome experience. When you’re a bit more experienced you can go after finding your dream candidate.

Realistic Candidates

Setting your aims on the experienced bisexual women probably won’t be easy either. Experienced bisexual women know how to read the signals and will immediately decode your early efforts to recruit her. If your target female were comfortably bi, experienced at threesomes and willing to join you, she would’ve already eased your dilemma by discreetly making it known she was available. I’m not saying that no experienced bi-sexual woman will join you in bed for a little fun. If she likes you both, possibly she’ll easily seduce you, however, it will be more the exception than the rule.

The fact you’re still searching means no one in your circle of friends meets the right description. Check out the other options mentioned below, instead of concentrating on the improbable.

Expanding your horizons

If you search through the internet, you can find all sorts of sexual desires and variations. You can also find people with the same sexual preferences and likings. This tells us that the possibility of finding women who are seeking for threesomes is quite high. I’m not recommending you to make an arrangement with someone via the internet; all I do is showing you the various possibilities. You, and *only you* are responsible for your search and you must decide what works for you.

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The Unhappy Wife

People marry for a variety of reasons. Most, however, don't find the perfect mate. It's not uncommon to see couples growing apart emotionally. Many remain together for a various number of reasons. Unhappy wives are in desperate need of intimacy, and you and your partner as responsible hedonists could be willing to provide that to a lady in need. In return she'll happily make your fantasy come true. So if you know someone that you fancy and who's in these circumstances, you may have a candidate already.

The Beauty and the Beast Swinger

Has it ever happened to you that suddenly you see a very good looking girl together with a complete mismatched partner? Well, this happens to me on a regular basis. People get together for the strangest reasons. In the Swing scene this is very happens very frequently. You'll be amazed at the amount of married women who want to experience threesomes with better looking people than what they regularly get at home. I don't mean to be disrespectful; I'm simply making something apparent to you.

The Wild Gal

This is the adventurous and risk taking gal. These are a specific type of women, who although hard to describe, you'll know who they are when you come across one of them. They love the thrill of being different or unique; they're very open and daring. The only challenge you might face to seduce these types of women is that they are very aware and know exactly what they want.

The Rule Breaker Gal

There are many women out there who've had a very strict religious upbringing that has developed into an aversion and caused them to break away from it. Whenever they see a possibility to rebel they're ready and willing. A threesome provides the opportunity for them to do two things they normally would not do: conducting lesbian behavior and being involved in group sex. This can be their way to declare independence to a life full of rules and regulations.

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The Sweet Revenge Gal

It is well known that three quarters of all the women who commit adultery do it to punish their husbands for cheating. These women are very willing to do whatever it takes to punish their cheating husbands. However I warn you: these ladies might disclose their affair and you might get in trouble. So if I were you I'd avoid getting myself involved with women like this.

The Emotionally Frustrated Gal

It is not uncommon to find women that are trapped in relationships in which they cannot properly communicate their feelings. They're very afraid of having an affair, however they dream of being intimate. A threesome is easier to justify than anything else. "Honey, I will be over at Cindy's." This way she can explore her sensuality in a very safe way.

The Chicholina Wannabe

Remember Chicholina? She's the Italian porn star that turned politician in the eighties who was only all too happy to show off her boobs in public each time she got the opportunity. Exhibitionism is a big fantasy for many. A threesome provides the opportunity to see, be seen and even perform to impress. It's no wonder why so many women that like to be seen, look for and participate in threesome possibilities.

The Ideal Choice

As a first timer your best option is to help another person obtaining what she needs and desires. In other words what you'd like to do is help someone else live her fantasy. As in everything else in life, the best way for success is to provide win-win situations.

The above list represents only few examples of the types of women who desire a threesome; however there are multiple other possibilities. What's important is to have the awareness to be able to identify the possibilities; then your chances for success will be multiplied.

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Women Rule

For beginners, a threesome is strange uncharted territory. Remember; most women won't venture very far without unequivocal approval and active encouragement from the other woman. The bond is more probable, much faster and smoother if it comes at the request of the female side of the seducing couple. By initiating the action, she gives approval and active encouragement to her new friend. Furthermore, a woman can extend invitations, make suggestions, ask questions and discuss issues that, coming from a guy won't be easily accepted.

Women quickly learn to avoid couples where the male does all the recruiting.

It usually means the wife is not really interested. It's very important that your wife or partner gets actively involved in the recruiting for your prospective candidate.

Another fact not widely known is that many bi-curious women are very attracted to females, and when they receive attention from another female, their hormones start moving around fast.

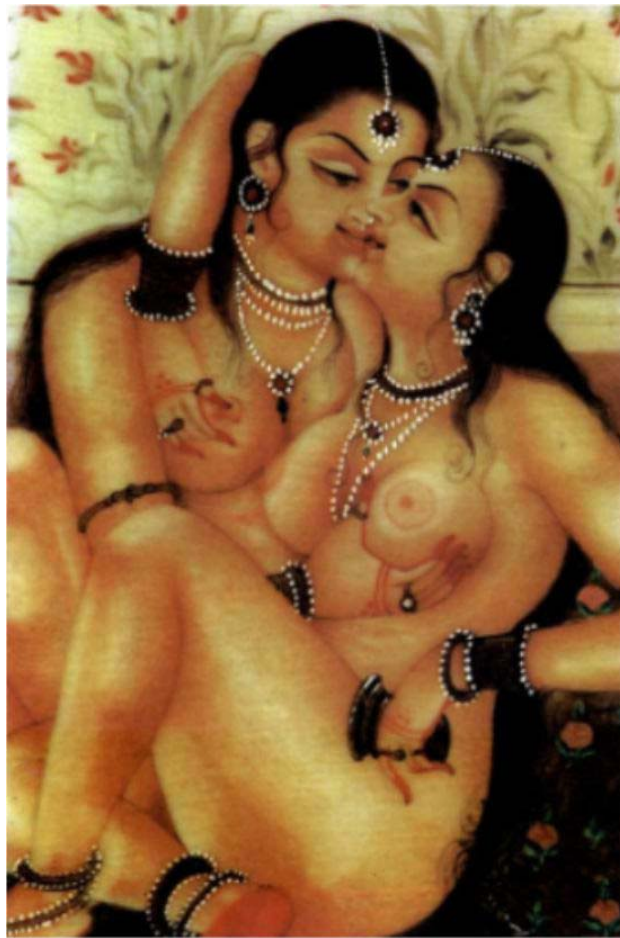
Conclusion

A couple hunting together can seduce very desirable women if you use the proven techniques of time and kindness. Allow her the opportunity to get to know and like you, treat her right and give her time to make the decision you want.

Letting the woman of the seducing couple recruit new friends greatly expands the pool of potential partners. If your target is committed to a monogamous heterosexual relationship, she would never consider an affair with a male stranger. However, for a multitude of reasons, many women don't consider a bisexual affair to be cheating. Therefore, a solo wife may seduce a friend strictly off limits to her husband. After establishing a warm loving, trusting relationship with the woman, it's a piece of cake to turn the bi duo into a sensuous threesome. Considering all these factors, a woman can create a threesome with her a friend far easier and much faster than a man can simultaneously seduce two women.

Whatever you decide, you have to remember that an Aphrodite Trio (FFM) is by far easier achieved when approached as a team with the woman doing most of the recruiting in order to double the success ratio.

From Friends to Lovers



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*“Life is to be fortified by many friendships...
To love and to be loved is the greatest happiness.”
- Sydney Smith*

*"Hold a true friend with both your hands."
- Nigerian Prover*

Platonic Love

During his presentation of the Grammy Awards, *Matthew Perry* (*Chandler* in the sitcom *Friends*) told the audience how he relished saying the words "Britney and I" as the pop star and *Perry* presented the first award of the evening. "Actually, Matthew," she said with a nervous giggle, "I've always just thought of you as a friend." Acting flustered, he looked away and grumbled, "Well, that was awkward." Obviously, their words were scripted and rehearsed. But, for many people, famous or not, their sentiments couldn't be more real.

Can men and women be "just friends?" Or will one person always feel more romantically inclined toward the other, making interaction uncomfortable for the other party? People have always been fascinated with this question and almost everyone claims to have an answer, or at least an opinion. Common qualifiers range from "It can work, but they have to set boundaries and stick to them" to "It's possible, but difficult, especially if they used to be a couple."

In the 1989 film *When Harry Met Sally*, Harry (*Billy Crystal*) and Sally (*Meg Ryan*) engage in a lively debate about this issue. Each character fits the gender stereotype one might expect: Sally says yes, it's possible to be just friends, while Harry insists the sex part always gets in the way. Over the years that follow, Harry and Sally fall in and out of love with a number of different people, all the while maintaining their strictly platonic friendship. But eventually, they do ramp up their friendship to a romance. So, in a sense, both characters were right - again proving the muddiness of this issue.

Recently the hit sitcom *Friends* also kept the issue alive. Neither *Harry* and *Sally* nor *Rachel*, *Joey* and the rest of the *Friends* gang drew any conclusions - but they certainly provoked a lot of off-screen discussions. Most heterosexual people I know that have crossed that line between being just friends and suddenly having sex, have regrets afterwards. It's no wonder why people are afraid in venturing sexually with a friend.

Breaking the Paradigm

Joel Arthur Barker explains in his book [Paradigms](#) that if you are stuck in one paradigm, you'll never be able to see another paradigm. He mentions an example that makes his point beautifully.

SONY was the creator and inventor of the Digital Disc. However the predecessor of the disc was the LP. Possibly some of you don't even remember LP's but they were about 4 or 5 times larger than the CD we know today. With their digital technology, SONY managed to produce a disc that could hold up to eighteen hours of music. This was obviously unpractical, because who on earth was going to want to buy a disc with eighteen hours of music on it? So they cancelled the project and stopped any further research, until one day when they were invited by Phillips to compare technologies. The SONY engineers got on a plane and traveled from Japan to visit the headquarters of Phillips in Eindhoven in The Netherlands. After a small presentation Phillips designers **pulled** out a product what we now know as a Compact Disc. Needless to say, the SONY engineers looked at each other and they just said "Shit..." It's clear that SONY was stuck in an old paradigm. That narrow perspective cost SONY the leadership of the digital industry and billions of dollars on royalty revenues throughout the years.

Paradigms not only affect businesses but individuals too. If you keep on trying to see the world through an old paradigm, your life won't be able to yield what you'd like it to yield. The topic of being sexually involved with a friend of yours or not, is like seeing things with the "monogamous paradigm." Seen from that point of view, breaking your "platonic" relationship might not really be a good idea, however if you see it with the paradigm view of a "responsible non-monogamist" you'll see that it's a natural progression of a relationship. Responsible non-monogamists are not looking for a relationship. They simply enjoy exploring their sexuality. They love to share their love and tenderness with other people and obviously a friend is a perfect candidate.

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Including One of Your Best Friend in the Trio

We experienced our first Aphrodite Trio (MMF) with one of my husband's best friends and it was wonderful. Bringing a male friend to share your bed is easier to assimilate for people that bringing a female friend, simply because males are more readily available for sex than females are. Our relationship with Karl's friend has not changed a bit since we had our Aphrodite Trio. In fact it has created a very nice and tender bond between us. That doesn't mean that we have a threesome every time we see each other; it was a one time experience, but we still cherish it and we'll be open for it again when the time is right. He now has more respect for our relationship and values the bond that Karl and I have as a couple.

As said, we also experienced our first Adonis Trio (FFM) with a very good friend of mine. The only mistake we made was making my husband the center of attention and that indeed dented the relationship. However in experiences we've had with other friends our relationship simply evolved from a platonic relationship to a sexual one. For many couples who desire a threesome, the best answer is within arm's reach. Research shows a woman's love for her husband is very similar to what she shares with her best friend. Just think of it; the usual female emotional sequence is friendship evolving into love followed by sex. This natural progression could sometimes transform best friends into lovers. Most friends, however, are kept apart by issues they don't understand. In other words the paradigms they hold as true.

Guys Don't Think You're Cheating

Usually men don't feel you're cheating on them when you have sex with a female friend. Most men are open to this possibility. Also take into consideration that sex between two females is more tender and softer than sex with a guy, so the experience is completely different. If you feel that it's a good idea, explore these possibilities and talk about it with your partner. I can almost guarantee you he'll have no objections. Afterwards your friend might be less hesitant to join you two in bed. I'm not telling you that you should jump on top of your friend as soon as possible. All I'm doing is helping you explore the possibilities. If you consider this is an option for you by all means go for it!

Friend Seduces Friend

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You already know how to seduce a friend with your partner however, there is also another option. If you've already decided that you would like to seduce a friend possibly you'd like to seduce her first by yourself and then invite her home to be part of an Adonis Trio (FFM). If this is your chosen strategy I suggest you keep your radar up and proceed slowly. The first step to a heightened relationship is to determine her feelings and convey yours to her.

Below are some subtle tactics you may employ to deepen a relationship beyond good friends and into lovers.

- ✿ Call her often. Think of what you would expect from a male lover, and then apply that to your own campaign.
- ✿ Tell her often that you really appreciate her friendship.
- ✿ Send her nice telephone text messages with your mobile just to let her know you are thinking of her.
- ✿ Send her a card for no reason.
- ✿ Let her know you think she looks very good, or that she is sexy.
- ✿ Compliment her on her taste and let her know you find her attractive.
- ✿ Compare her to a sexy celebrity.
- ✿ Let her know how much you enjoy being with her.

What to say:

- ✿ With those jeans you're gonna cause a few accidents on the road, what a sexy butt
- ✿ I cannot believe you have two kids, are you sure they're not adopted?
- ✿ If I were a guy, I'd be after you...
- ✿ You really light up the party
- ✿ Diet? You don't need a diet; you look really huggable to me
- ✿ I'd kill for cleavage like yours
- ✿ I can always tell when you're cold; you have really cute nipples
- ✿ With those lips, you must drive guys wild, don't you
- ✿ Your body is so flexible; I'll bet you are great in bed
- ✿ Your skin looks so soft; sometimes I just want to stroke you

What to Do

The great thing is that you can take advantage that the sexual matrix is not as restrictive with two females as they are between two males. You'll probably have

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plenty of opportunities to touch her, without her feeling uncomfortable or anyone else realizing your forwardness. Kiss her the same way guys do when kissing hello or goodbye; as close to her mouth as comfortable. Hug her strongly. If you go dancing, pretend to dirty dance with her, whisper in her ear, be creative in finding ways to let her know how you feel.

Give her an Excuse

Sometimes best friends only need a logical excuse to expand their relationship. If you think that might be the case give her an excuse. For example: ask her to pick you up for lunch one day and just before she leaves her house call her to tell her that you're having some back ache. Ask her if she wouldn't mind rubbing your shoulders. When she arrives, wear only a bathrobe and have a casual chat with her. Thank her in advance for helping you. If she doesn't feel uncomfortable with you being naked let her massage you naked. Trust me you are only a small step away. After a while ask her if you can return the favor. The same effect can be accomplished when applying suntan lotion so our recommendation is to simply give her an excuse and let the situation evolve.

It was great Thanks

Now your relationship is no longer platonic; you acted upon it and you had sex with her. Well done, good for you. Now you'll need to apply the skills you've learned in the previous chapters to make her feel okay with what just happened. It's just a matter of time before you can propose to her to seduce your partner. The greatest fantasy a man can have is that his wife brings home a friend to play with!

Doing your hubby with a friend

In *Mel Poretz's* survey book *What Would You Do?* it's mentioned that fifteen percent of women admitted they fantasized about sex with their best friends' husbands. Consider this: if a striking one in seven women admits to fantasize doing it with their best friend's man, imagine the number of women who could cross the line for a threesome with their best friend's permission, participation and encouragement! When there is already a friendship relation established it can improve your chances for a threesome.

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Valid Concerns about Involving Close Girlfriends

Many women are afraid of doing it with a friend as they're scared that it might damage the relationship with their friend. Another concern why women don't want to involve their personal friends is because they're afraid that the sexual encounter might evolve and become a relationship. The reason this fear exists is because women have been strongly conditioned to believe that sex and love need to be together. You know now that recreational sex can happen and can be very fulfilling. I'm not denying this argument and saying that the friendship will be affected under no circumstances. Many of your concerns are probably present in your mind because you're still holding an old paradigm. Ask yourself new questions and explore your feelings with your partner first and then little by little do the same with your friend.

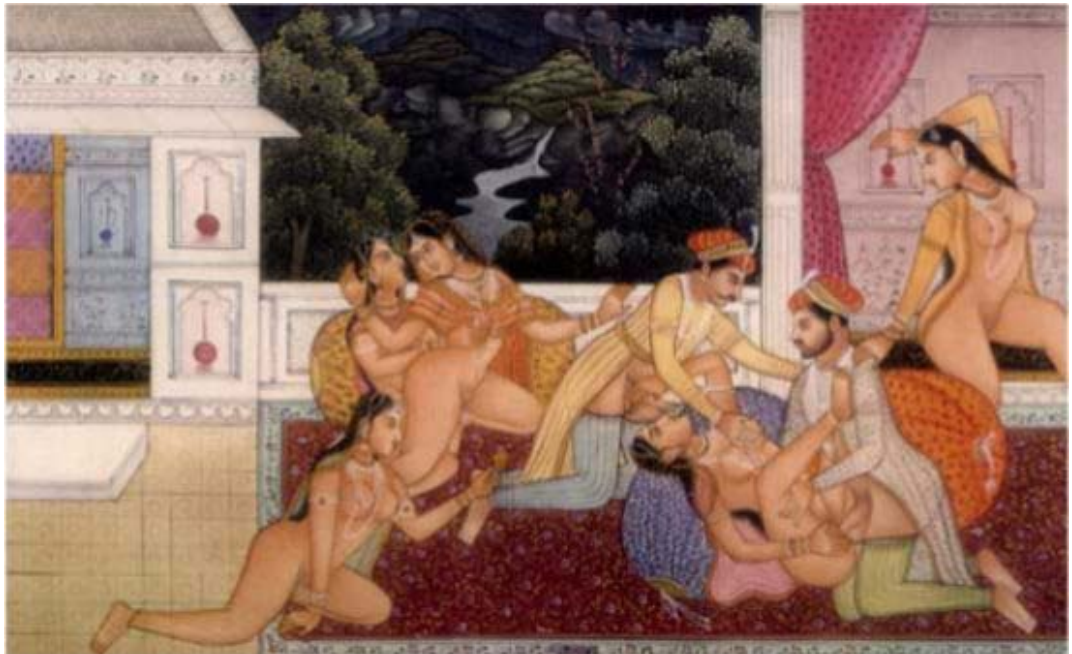
Will My Friend Steal My Man?

Some women are afraid that their friend might want to steal their husband. This is an interesting issue. If you're worried that your best friend might take away your man I suggest you look for another best friend, or work on your self-esteem and the relationship with your man. Obviously your relationship isn't as strong as it should be. When participating in a threesome with your partner, you must already be in a loving and committed relationship otherwise it won't work. If you're confident about yourself and your relationship you'll establish a bond between the two of you that is sealed with confidence and trust. A threesome is an opportunity to get you closer to your steady partner; not more separate. So if this is the issue that's making you afraid of involving a friend, I suggest that you reconsider in participating in a threesome altogether.

CONCLUSION

Friends make great lovers because there already is an established bond, which is ready to be expanded. Friends could be the starting point for new adventures. However I trust you have enough common sense to realize that when your friends are not responding you won't push them and risk your buddy relationship.

Swinging: The Easy Option for Couples



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*“We also believe there are more of us out there:
people who would flourish in the lifestyle,
but haven’t discovered yet...Perhaps you are one of us?”*

*- Ryam Nearing,
Loving More, Polyfidelity Primer*

What is Swinging?

In Chapter 5 I already briefly mentioned that a good place to find your candidate is in a swingers club. But what is swinging exactly you may wonder, right? Swinging is recreational and social sex with someone other than your partner, girlfriend or boyfriend. There are no set ways for swinging and swinging can occur in many different ways; for example at a swing party, during a couple-to-couple encounter, with a third person in a threesome or a liaison. Although single men and women are involved, it is mainly a couple activity.

Who are the Swingers?

People who swing come from all walks of life and economic levels. Every job classification, all races and nationalities are represented, though the majority is Caucasian, middle to upper middle socio-economic class, and married. Swingers, married and single, tend to be adventuresome, emotionally mature, and have excellent relationships with their mates and friends. Single people are involved in swinging but not to the extent of couples. Many single women have joined swing clubs, finding them a refreshing alternative to the traditional bar scene.

Couples in Swinging

Swinging is "recreation" for couples whether they are married, committed (having an ongoing emotional commitment), living together (co-habiting, with or without an on-going intimate relationship) or single couples who date. A study of swinging couples (McGinley, 1979) reported increased enjoyment and satisfaction in the relationships accompanied by a better understanding of self and mate, greater intimacy between the partners and a decrease in sex role playing and sexist expectations.

Swinging enables a couple to explore sexual and social feelings and needs together, permitting a demystification of sex which allows sex to assume a place in the relationship unhindered by the standard ties to love, duty, sex roles and morals of others.

Women in Swinging

It's certainly an understatement to say that the role of women in our society has greatly changed over the past several decades. The humanistic and woman's

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movements have had an impact on sexuality also. The number of women choosing involvement in swinging during the past few years is remarkable. Sexual and social assertiveness on the part of women at swing parties and other swing activities is not only acceptable, it has come to be expected.

To openly be yourself as a woman, without fear of seeming unfeminine is a delightful experience for us girls and a welcome experience for the man. Swinging provides the environment to alter sex-role playing for both sexes, allowing guys and gals to participate with each other in a uniquely human experience.

Men in Swinging

Whether married, in a relationship or single, swinging can be a wonderful experience for a man. Not surprisingly, most women who are into swinging were introduced to the lifestyle by a man in their life. Also not surprising, many men would swing if only they could. They're hindered from the experience by their marriage, or if single, their inability to find a woman for a swinging partner. Of course, guilt feelings about sex and pleasure, and sex roles, also hinder guys from swinging.

I've learned that men are not the macho, always ready, self-reliant persons of fiction. They're as human as their female counterparts. They experience loneliness and fear rejection. A man, on convincing his wife to try swinging, may experience unexpected jealousy and a feeling of loss when she walks hand in hand, partially nude and obviously excited, toward a bedroom with another towel-clad man. He had fantasized himself swinging but hadn't comprehended the reality of his wife or mate swinging. "The more enthusiastic member of a couple will get the couple into swinging, but the less enthusiastic partner will keep them there." As *Carol Queen* puts it in [*Exhibitionism for the Shy*](#), "The swing community has noticed another prevalent dynamic in couples where one partner, more often than not the man, has more enthusiasm than the other. He has had terrific fantasies about freewheeling sex and plenty of it, and he finally convinces his initially reluctant partner to give swinging a try. When they get to the party, she has a great time and is high demand, while he thinks the party's a dud... Before you pack up your sexy outfit and fistful of condoms, take some time to consider and negotiate how you will deal with the chagrin of the less popular partner if such a dismaying event happens to you."

As with women, the experience of swinging can be growth producing for a man. It alters forever traditional concepts of man-woman relationships with sexist overtones. Through swinging, a both men and women can experience a great deal of pleasure.

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What is a Swing Club?

A swing club is an organization, formal or informal, which exists to provide swinging activities. Swing clubs exist in a variety of forms. These include Swing Clubs, Party Houses, Circles and Socials, Bars and Cocktail Lounges and Contact Services. All but the contact services may be on-premises or off-premises. Contact services work through the mail or telephone and rarely provide swing parties although they may promote group travel. Parties given by on-premises swing clubs may have from ten to sixty or more couples, though twenty to forty couples is the common average. On-premises means that sexual activity occurs at the party. Off premises swing clubs, cocktail lounges and bars help you to meet other swingers. Swinging will be elsewhere with the interested couples and singles responsible for the arrangements. The arrangements include who is to be invited, the location, date and time.

The on premises party offers a wide possibility of social interaction, selection, potential of swinging with others in a foursome, threesome, one-on-one, or in a group scene. Bisexual as well as heterosexual swinging is possible, principally among women. And the club on-premises party offers this without pressure in a structured environment. Private, semi-private and group rooms are generally provided to meet the desires of virtually everyone. Heated pools, Jacuzzi's and hot tubs may be available to accent the social environment.

Actions to Avoid For Men...

I'm just including these couple of "actions to avoid" directed at the guys. Only very few guys would ever act like this; chances are that if you're reading this book you already have a healthy social sense and wouldn't think to misbehave in these ways. But anyway, here are some bad ideas you should avoid:

- ✂ Trying to hire a prostitute or an escort to go to a swinging event with you, if you don't have a regular female partner, just so you can get in the door is a bad idea; this is considered inappropriate at all clubs.
- ✂ Taking along someone who isn't really your primary partner and isn't really interested in swinging; such folks are called "tickets" because you just used them as a "ticket" to get in the door. This practice isn't looked upon favorably either.
- ✂ If it's your fantasy to see your female partner intimate with another woman, don't go off wandering around alone trying to recruit a woman

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who wants to join you two. Work as a team; it is more fun and bound to be more successful!

- ♂ Only conversing with the person you and your partner are interested in having sex with. Always include his/her partner; ultimately it's your ability to make friends with couples that determines the quality of your experience in the swinging community.

What is Sex in Swinging Like?

The actual sexual activity of swinging is varied. Though important, swinging is rarely centered around the orgasm but on the various pleasurable acts that lead to orgasm. Once on a bed, the participants will generally begin with kissing and caressing each other's body. Both the woman's and man's nipples are favorite places of fondling, sucking and gentle nibbling, followed by licking and kissing around the genital area, then the genitals directly. Most develop techniques they feel pleasure their various partners.

Sixty-nine or mutual oral-genital pleasuring is popular. Either partner may masturbate the other, or vibrators may be employed, especially in group swing scenes such as in the swing club's group room. These activities may be intermixed with intercourse done in a variety of ways. Anal sex is popular with some swingers. Bisexual swinging is more common among women than among men.

If you want to find out where the closest Swing Club in your area is located, simply go to www.nasca.com and you will find a full listing around the world of swinger clubs.

Conclusion

The Lifestyle Scene offers many possibilities to meet people and experience a threesome. It will also introduce you to a whole new world on the topic of sexuality. After discussing it with your partner you can find clubs near you via the internet and visit one in your area. Happy hunting!

Promoting your desires & Ensuring Discretion



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"The simplest definition of advertising, and one that will probably meet the test of critical examination, is that advertising is selling in print."

- Daniel Starch, Principles of Advertising,

1923, Chicago, IL: A.W. Shaw Company, p. 5.

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To Advertise or not to Advertise

That's the question. Many people decide to use ads as a "safe" way to recruit people to join them in their sexual fantasy. You don't need to go far; just search in the local newspaper stand and you'll find many magazines or publications that contain hundreds of ads of people looking for people to fulfill their sexual fantasies. Swinger and partner-exchange magazines have grown to unheard of proportions. It's always interesting to read how people market themselves. Take a look at these two examples:

9" man from Toronto area available for uninhibited private photo and sex sessions for women & couples, small groups may be considered. Voyeurs, see me make love to your partner. Send me an e-mail to: kinky9inchguy@sexadds.com. Your place only.

Attractive couple, he 5'11 8", she 5'9 36 B from Manchester area looks for desirable single female or bored house wife to join us in a threesome. Send your picture for our consideration at P.O. Box 3333 Manchester.

Honestly, would you reply to any of these ads? I don't know about you but I certainly wouldn't. Most of the advertising I've seen around looks pretty ordinary to me. Besides, in these magazines there are thousands and thousands of these types of ads. I honestly wonder about their effectiveness. A woman reading your ad knows nothing about you except that you had no other option than place an ad trying to recruit someone. Besides the thresh hold is too big for her to cross. *Bill Strong* mentions in his book *Seduction* that when wanting an Adonis Threesome (FFM) **you don't go home with the girl you like; you go home with the girl that likes you**. In my eyes these ads are a waste of time and money.

Imagine that you want to recruit a guy for an Aphrodite threesome. The first ad gives me the feeling that the guy is a bit of a pervert, and I wouldn't like him to be with my husband and me in a passionate session. I'm not so much pro-explicit advertising, however, that's only my personal opinion. Karl and I have had plenty of threesomes and we've never advertised in any of these types of publications.

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Are There Alternatives Then?

ABSOLUTELY! Karl and I have always been contrarians. Why do what everyone else is doing? Personal classifieds can be very effective but they don't necessarily have to be explicit. A friend of ours moved that six times in the past four years due to her husband's work told us that whenever she arrives to a new town, she places various ads in the classifieds that are innocent, but attract better candidates. And if their not threesome candidates, she just makes new friends with some of them. She writes things like this:

- ♂ Frustrated lady seeks same for golf practice
- ♂ Recently married woman seeks kitchen pal to experiment recipes with
- ♂ Female jogger needs partner who runs as slow as I do
- ♂ Indecisive shopper seeks kind spirit to help her choose clothing. Will do same in return.
- ♂ Lady who needs a bit of encouragement seeks for same for weekly workout
- ♂ My husband doesn't like girl-talk in the morning. Searching for interesting female for breakfast chats.

These casual requests are a foot in the door but carry no "issues" that might turn away a cautious reader. The important thing is to be creative and perhaps a bit daring. Think of the type of woman you find attractive and place an ad that attracts these women. It's also a good idea to look at some ads and observe how they're formulated so you can be effective in choosing the wording of your own ads.

Offer Your Help

Many women have bisexual thoughts that make them confused; perhaps one might like to talk about it. Run an ad that offers to help sort out her feelings: "Bi Helpline: Woman-to-Woman talk for those in doubt. Call Cynthia at...333-333-3333."

The fact that you're reading this e-book makes you by far better informed than a large percentage of the population. So you can easily share that expertise. Most women just need to talk to someone who'll listen without judgment. Even if you offer her nothing except the fact she's not alone, you'll have done her a great service, and who knows, it could lead to more.

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Hint, Hint

- ♂ Attached women looking for a friendship with a single woman
- ♂ Happily married female seeks feminine friend for mutual support
- ♂ Married women seeks female confidant
- ♂ Attractive lady doing her best to upset religious groups seeks same for conversations
- ♂ Attractive sun worshiper lady looks for feminine companion to tanning sessions
- ♂ Career woman seeks same for mutual support
- ♂ Liberal female ISO (in search of) same for mutual comprehension
- ♂ My husband hates musicals, looking for a female musicals lover
- ♂ Female explorer looking for same for nature walks
- ♂ Small breasted lady seeks same for mutual support.

These headlines hint, but don't reveal exactly what it is you want. Most of the people replying to these ads can certainly read "between the lines." The truth is; non sexual ads expand your choices beyond the desperate ones that will answer a sexual ad. If nothing happens there's no harm done, possibly you'll gain a new friend. The entry level is less risky so both of you are safer this way. Remember answering a sexual add for a female is a big step and these ads offer low risk for searching girls and in the long run will proof better choices. So if you're going to go for the advertising way be creative and preferably go for the non sexual ad.

Answering Ads

When People Place and Ad they are screaming "I'm Available!"

You might think that the *Women looking for Woman* section is the right place to look for candidates. The truth is most of the women advertising here are lesbians looking for a girlfriend. However in the *Women Seeking Men* section you can find a huge pool of single women advertising. While most are seeking long-term heterosexual relationships, a significant percentage of these women are as curious as you are. Women in this section are usually more educated, more experienced, more mature and wiser, so possibly some of them just might be interested in broader horizons. A definite advantage of this group is that whoever responds doesn't have a boyfriend

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who wants to join in. She's single, available and looking. If you happen to see someone of interest to you, why not respond? If she's interested; she'll get back to you. If not, she'll never know who you are and you don't pursue it any further.

If you're looking as a couple, the female of the couple should reply and remember to keep the answer brief but explain you're a happily married (or attached) woman looking for a friendship with a single female. Explain what attracted you to her let her know that you'd love to hear from her. Sign your name and say, "If you are interested, get in touch via my mobile phone #222-222-2222. If not, I sincerely hope you find Mr. Right."

Learn the Sacred Art of Patience

If you've decided to use the advertising road to fulfill your threesome, my best advice is to be patient. Think of it as fishing. Basically what you've done is put your bait in the water and now you have to wait for fish to catch it. Exactly as in fishing, you'll need to pull the rod very slowly or else the fish will go away.

What about Dating Sites on the Internet?

The internet has drastically increased the possibilities of meeting the right candidate. I used to be hesitant with internet ads, but I can see how they can be very effective. There are plenty of dating sites that vary in rating. Some dating sites are for heterosexuals only. Some are plain and innocent, others are very open sexually. There's a lot of fluff too, so be careful where you put your money. Almost all will charge a fee in order to sign you up as a member. Some offer trial memberships for a week, others for 2 or 3 searches. In reality it's hard to compare. In my research I've explored over 50 of these sites and I've selected a few that I liked. Before I decided to write this book, I've had experience with two or three of them and I can recommend these two:

www.swingerseurope.com if you live in Europe or www.adultfriendfinder.com for the rest of the world (including Europe). A question I often hear is: "Have you ever met someone through the internet?" Well, my answer is yes! I've met two really nice ladies in our home town and four other ladies during my holidays in year and a half. Not bad for a few minutes surfing the internet is it?

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The great thing about the internet is that you can meet people from all over the world. All you need to do is to sign into one of these sites, create a profile, pay the membership and *voila*. You can start communicating with like-minded people who are interested in expanding their horizons. Obviously it's a numbers game; there will be many people not of interest to you but once in a while you'll find someone you like and then you can start corresponding or chatting. Once you think all is fine you can talk on the phone and in the end you can arrange a meeting. Some sites have a cool thing called *Cupid Function* that matches your interests with those of other members. This makes it even easier to meet a lot of interesting people via cyberspace.

Online Dating Tips

- ♂ Subscribe to one or two of these dating sites, find the option that appeals to you the most and make use of this resource.
- ♂ When creating a profile, avoid loading "dirty" pictures of yourself. (Even though you'll see many people doing that, be a contrarians, remember?) There are people who load pictures of their genitals or their breasts. As if that would be their most important feature... Find instead a nice decent picture and upload it. This gives a better impression than an erect penis.
- ♂ Don't be afraid of been recognized by someone. Your profile can only be accessed by other paid members so your son, daughter or neighbors will highly unlikely ever find you. Display a nice, good looking picture and write "decent" stuff in your profile, to be on the safe side. If you prefer to avoid this option altogether, have a picture taken of the two of you or separately in an angle that will be less recognizable. Some people put their picture and blur their faces with picture altering software. In my opinion this is silly; they look like the dummies from the *Pink Floyd* video *The Wall*. Some of them cover their eyes with a black strip created by this same picture altering software. Well, guess what, you'll look exactly as you are, but with a silly black strip on your face. Anyone who knows you will surely recognize you. It's like those silly spectacles with the large nose and large eyebrows. Do you really think people won't recognize you because you are wearing that?
- ♂ Profiles with a picture or more pictures attract more responses.

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- ♂ Different Strokes for Different Blokes. Some sites are of a high sexual nature, some are not. Whatever you decide to do, browse around some profiles and then create your own. My recommendation is to always be decent.
- ♂ Never write down your real name or address and telephone number, all must be handled through an e-mail address that you need to have specifically opened for your “Internet Flirting.”
- ♂ Avoid using your business e-mail for your “Hunting.”
- ♂ Be kind with respondents and always reply to them.
- ♂ Check with your ISP server and make sure that your Online Profile does not give out more personal information than you are comfortable with.
- ♂ Remove the signature lines from your e-mail software; the last thing you want is a stranger getting all your personal info.
- ♂ Don't allow yourself to be pressured into meeting anyone. If they threaten to terminate online correspondence if you don't meet them within a certain time frame, end your online connection. Nice people don't make threats or put pressure on people they care about.
- ♂ When you do decide to meet someone whose online company you enjoy, **meet in a public place and go always the two of you.** If during the date, you decide to go somewhere else, use your own car.
- ♂ **If you travel to meet your on-line love**, make your own hotel and car reservations and don't give out the name of where you're staying. Drive yourself to the hotel, or take a taxi.
- ♂ Hunting as a couple is easier than doing it alone, as you always have someone to look out for you.

Recommended Dating Sites

Below is list of websites I've already tried. I wanted to save you time and money by going through all the other sites, so in my effort to provide you with the best of the best there is, my husband and I selected a few websites where you can consider setting up your profile. This list was taken from a list of over 50 websites that I've inspected on user friendliness. Have a look and take your pick. Good luck in your hunting!

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Website	Our Opinion	Our Rating
www.swingerseurope.com	Excellent	★★★★★
www.adultfriendfinder.com	Excellent	★★★★★
www.alt.com	Kinky but Good	★★★★
www.SexAffair.com	Very Good	★★★★★
www.fantasyfire.com	Quite Good	★★★★
www.fantasymatch.com	Dirty & Sleazy	★★★
www.bangmatch.com	Good	★★★
www.swingersdateclub.com	Promising	★★★★
www.sextogo.com	Dirty & Sleazy	★★★
http://www.swingers.com/	Average	★★★
http://www.lavalife.com/	Very Good	★★★★
http://www.peoplethatwantsex.com/personals.php	Average	★★
http://sensualads.com/	Average	★★
http://swingers-friendfinder.com/sexyads.html	Average	★
http://adultadz.com/	Average	★
http://bimatches.com	Average	★
http://www.naughtysingles.com	Average	★

How can I ensure discretion?

Obviously, one of the most important concerns for people is discretion. The sexual matrix has created many road blocks to be open about your sexual desires, so you have to look for alternative routes to find what you desire. If you're afraid of "getting caught", then this sub-chapter is for you.

If you're going to be playing the game of finding a candidate for your threesome and you want absolute discretion, I recommend the following:

- ✿ Get a private P.O. Box, so that nothing referring to this subject ever reaches your home.
- ✿ Have a private voice mail that takes messages without anybody finding out about your desires.
- ✿ For internet hunting visit any of the (free) e-mail subscription services and open an account. Obviously you should give yourself an alias. When you give yourself an alias think of something nice or sexy that can describe you or you as a couple. It's very common to find really silly names that just by reading them makes you not want get in touch. After you've created a sensual or erotic alias that you like, you

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can use that name in all the chat rooms and group discussions you'd like to participate in.

- ✿ Print cards with your P.O. Box and mobile number and sexy mail, so you can use them in case you find a candidate.
- ✿ Never make any calls at home.
- ✿ Make your telephone caller ID free, so you can conveniently call from your home.
- ✿ On most phone systems these days, pressing *69 will automatically call back the last person who called you. You don't need to sign up for this service for it to be activated, but you *can* call the phone company and de-activate it; do this right away.

Conclusion

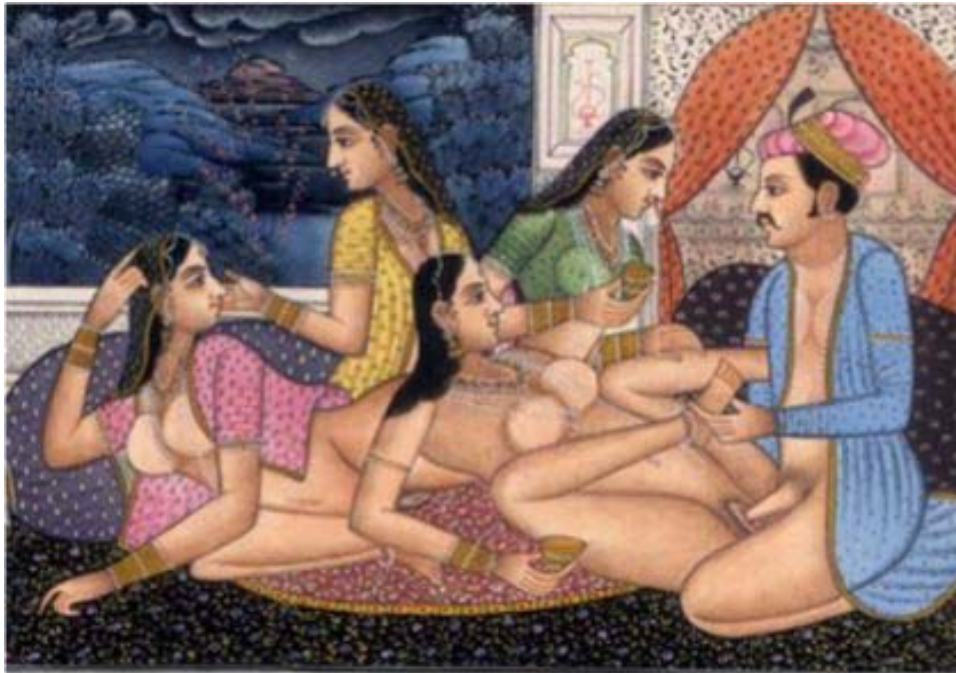
I think never before there have been so many ways in how to connect with people, as there are now. Make wise use of them, follow the advice in this chapter and you'll be successful. Good Luck!

“Anyone can be passionate, but it takes real lovers to be silly.”

-- Rose Franken

Chapter 16

Common Fantasies



www.artoflegendindia.com

*“The interesting thing is how one guy,
through living out his own fantasies,
is living out the fantasies of so many other people.”*

- Hugh Hefner, Editor, Playboy

My friend & I seduced my husband.

The biggest fantasy of a guy is his partner inviting another woman home for a hot threesome. I can tell from personal experience that this fantasy tops almost any guy's fantasy list. The great thing is that he'll be so grateful afterwards, that he'll go out of his way to thank you; expect to be thoroughly pampered days or even months after you arrange something like this. I'd like to share the story of how my friend Candy seduced her husband with you. What follows is a transcript of the story written by her.

Candy's Present

My husband's birthday was this Saturday so I thought that day might be the right day to give him a very special present. My friend Tina and I had discussed the possibility of a threesome on several occasions. I knew she was attracted to both of us as one day whilst being in the health club she made it obvious to me. It took some courage but I dared ask her if she would help me give my husband Johan a great birthday present. She agreed so we created a plan and carried it out beautifully. Let me tell you how it all went...

*I told Johan that Tina would come over on his birthday; we'd sunbathe on our terrace, and later on we'd change and take him out for dinner. That's all I told Johan; however, our **real** plan was very different. That Saturday Tina showed up in a gorgeous black bikini. We prepared some snacks and drinks and the three of us started our tanning session. After an hour or so of casual chitchat, Tina suddenly made her first move.*

"Honey, you're gonna burn. Let me rub you down" she said as she poured lotion in her hands and rubbed them together. Her hands touched my skin. That felt really good ... mmmm. "Do you like it?" Tina asked softly. "Mmmmmmmm ... your hands are magic my dear ... as I've always told you ... from that first time they massaged me in the health club shower ... mmmm" I said.

Tina leaned over and kissed me softly in my neck as her hands continued to massage lotion on my back, continuing down to my legs and then her hands returned to my butt. She rubbed it with lotion, and then she squeezed each cheek. Tina continued massaging me until she said "Honey you have to roll over." So I did. Her hands slid slowly along my stomach, down my thighs, gently and agonizingly slow, down my legs and then she reached my feet. Ahhh, my weaknesses ... Tina knew I loved foot

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massages. Tina massaged teasingly, knowing what she was doing. Her hands finally moved up the inner legs to the knees, along the inner thighs, grazing them with her nails slightly. I was getting really hot.

Johan suddenly started realizing what was going on and he was watching us in a dissimulated way looking above his sunglasses. "Want to play?" Tina asked me in a quiet soft voice? She laughed softly as she moved away. She was already running as I jumped up to chase her. I caught her as she reached Johan's sun tanning mattress. He looked up at us smiling, which instantly brought him into the play. Tina reached out and ran her nails across his chest. Smiling, I leaned over, placing her mouth on his chest. She kissed him all the way down to his shorts as I watched. I helped her lowering his shorts so she could easily grab his cock, she flicked her tongue teasingly over it and then around the head several times. It was lovely to see Johan's cock slip deep into her mouth.

Tina released her breasts as she moved herself into a comfortable position to suck on Johan's balls. I carefully caressed her breasts and moved one hand across Johan's chest while her mouth hungrily sucked on his cock ... she loved it! Her head moved up and down and made figure eights when she sucked. I listened to Johan's groans of pleasure as she sucked his cock and squeezed a little harder. I was wet with excitement. She wanted to taste his sweet nectar fill her mouth. She moved faster up and down on his throbbing hard cock, allowing it to go as deep as it could in her throat; hungrily almost savagely sucking ... Johan's body went stiff ... he growled. Tina groaned loud, and Johan came strongly all over the place. She continued sucking and licking it until Johan's cock was clean. Tina was now snuggled next to Johan basking in the afterglow.

Johan growled as he pulled me up into his arms. He kissed me passionately as he settled me between Tina and himself. We all smiled then caressed and snuggled. A few minutes after, I felt his cock starting to grow against my back and suddenly felt the urge of being watched by Tina whilst he's inside of me. I wanted her, to see him pounding his hard cock into me. "Ah, you wish to have me," he said with a playful half smile dancing on his lips. "Ummm, I always do honey", I whispered. By this time, his cock was rock hard pressing against me, desiring entry. Johan lifted me up slightly and allowed me to slowly settle myself onto his hard cock. Tina's hands slid over my body to my breast and found my nipples, pinching them, and then her mouth replaced her fingers as she sucked on my hardened nipples.

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Slowly I slid down the length of his shaft and his cock was deep inside me. I started to move in a circle and then up and down...slowly at first and then a little faster ... and even faster ... groaning ... moaning ... shaking ... shivers coursing through my body as I climaxed. I sat there in Johan's arms, his cock deep inside me, letting me feel the sensations of my contracting vagina, letting him know what he had done to me. Tina kissed my breast, and smiled at me and whispered, "I hope I wasn't too rough. I got really excited." I smiled and replied, "Mmmmm so I see." I got a hand ran down between her legs and I felt Tina's wetness ...Tina groaned as my finger slid inside her ... and again as another finger slid inside her ... slowly moving my fingers in and out ... after a while I slid a third finger inside her ... making Tina raise to meet my hand ... pumping and grinding her hips.

Johan's cock was hard again and his mouth was on Tina's breast, sucking her hardened nipples as my fingers plunged deep into her pussy faster and harder ... Tina was groaning, moaning, and growling. Shivers ran through her body; she was ready for Johan. I let him take her while I softly caressed with one hand her breasts and with the other Johan's hard balls pounding her. After a few minutes her body arched back, shaking and shivering ... Johan pulled me to him they both climaxed together.

Tina stayed on Johan and snuggled close to him. I joined also so we could all enjoy the closeness of each other, the sensations, and the love we all shared that afternoon. Till this day Johan thinks he is the luckiest guy in the world and this was his best birthday present ever!

Strap On the Strap-On

I guess this fantasy will prove *Freud* right. Some women wonder what a man sees and feels when he makes love to a woman. The only way for women to find out I guess, is to satisfy the "penis curiosity" by using a strap-on dildo, For many women this fantasy is the most difficult to achieve. It requires a strap-on and a woman; the good thing is that a threesome can easily deliver both in a package.

The Sandwich

This fantasy is very exciting for many women. Having two men at the same time can be very erotic. As mentioned before the sandwich is commonly known in the porn

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industry as “DP” or double penetration. If this is your fantasy and you wish to experience it, I suggest you practice first with a dildo and lots of lubricant. It’s not a good idea to try this on your first Aphrodite Trio (MMF) if you’ve not practiced earlier.

Sex with a Stranger

Many women secretly desire sex with a stranger they’ll never see again. I call this the “Holiday Maker” syndrome. After all, plenty of Northern European women go to the coastal resorts in Spain for example, with the sole purpose of having sex with an exotic stranger. The moment they arrive at their destination they leave all inhibitions behind and browse around the coast for a wild week in the sun. That week she can forget about whom she is, who he is or where it’s headed. She doesn’t have to worry about family, friends, affection or reputation. She can be open, passionate and free. For many women, sex without the normal consequences sounds very liberating.

The Trio Rape

This is a common female fantasy, women that have experienced a threesome previously often confess to desire having a couple “forcing her into sex,” obviously with no violence. Her dream revolves around her passively enjoying a couple making love to her without her having to do anything.

Female Exhibitionism

Girls like looking at other girls and the truth is that many women love being watched. Girls can get extremely turned on by the fact that someone is watching them perform sexually, whether it’s a female or a male watching. This form of erotism helps women build on their self-esteem, especially if the person watching is enjoying her performance.

Nude Photography

Many gals love being captured in film. The big turn on of this fantasy is to be the centre of attention of the photographers. Every year millions of women pay hundreds of dollars to have themselves photographed in semi-nude "glamour shots." Some of

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the most beautiful erotic pictures created are taken of two naked women being together. They show innocence mixed with naughtiness, playfulness and femininity. This form of art is not pornography. If ever your pictures come out in the open, they wouldn't be judged as being "dirty" or "distasteful." The great thing about technology is that now digital cameras don't need film that needs to be developed. Your pictures can remain private.

The Bisexual Woman's Top 10 Favourite Fantasies

In a survey done by a Swingers club in Europe 100 bisexual women participated in answering what their favourite fantasies were. Here are the results:

10. Sex with (many) strangers

Many women relish the idea of meeting a mystery man or women and having a wild night of uninhibited sex. Sometimes women feel that the only people they can truly let loose are strangers simply because they won't be judged. And who cares anyway? They'll probably never see the "beautiful stranger" again.

9. Participating in a large orgy

Group sex is a popular fantasy among ladies. "The freedom of being naked in front of a bunch of people who are equally exposed, allowing different men and women to touch and penetrate their bodies simultaneously was incredibly erotic."

8. Who is the Boss?

If there's one thing that women are dying to do, it's to dominate a man and a woman at the same time.

7. A Sex Show

In today's world of confident women, it's not surprising that many of them fantasize about having an audience whilst engaging in sexual activity. The idea of knowing that others are getting excited by their "performance" provides women with a feeling of empowerment.

6. Threes Rape

Another popular fantasy is to have a couple "raping" her and just lie defenceless to enjoy their precious passion.

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5. Three Girls Trio

Virtually every woman wants or is willing to share her body with other women. Guys are you jealous because you feel left out? Don't worry, most of these women think it's exiting to have their man watching them while they play.

4. Striptease for a group

Many women get erotically charged to perform a strip for an audience, or to do a lap-dance for a guy and girl. Some even think it's sexy to get bills in their panties during their performance.

3. Two going down on her

Girls also fantasize about a man and a woman going down on her at the same time. I find the logistics complicated but it sounds very exciting to me!

2. Strap on DP

Two lovers penetrating her during an Adonis Trio (FFM) is also very erotic for most women. This fantasy scores very high!

1. Being seduced by a couple without her expecting it

Bisexual women are a dime a dozen. They like attention and what better choice than having two lovers sweeping her of her feet. Bisexual women also recognize that couples working together are a lot of fun in bed. It's no wonder this fantasy scores so high!

Conclusion

It is said that ninety-nine percent of sex goes on inside our heads (4). Our imagination knows no bounds when it comes to lust, passion, and sexual possibilities. But what sort of fantasies does your lover have? I hope this chapter has ignited some hot conversations as sharing fantasies is one of the most wonderful experiences you can share.

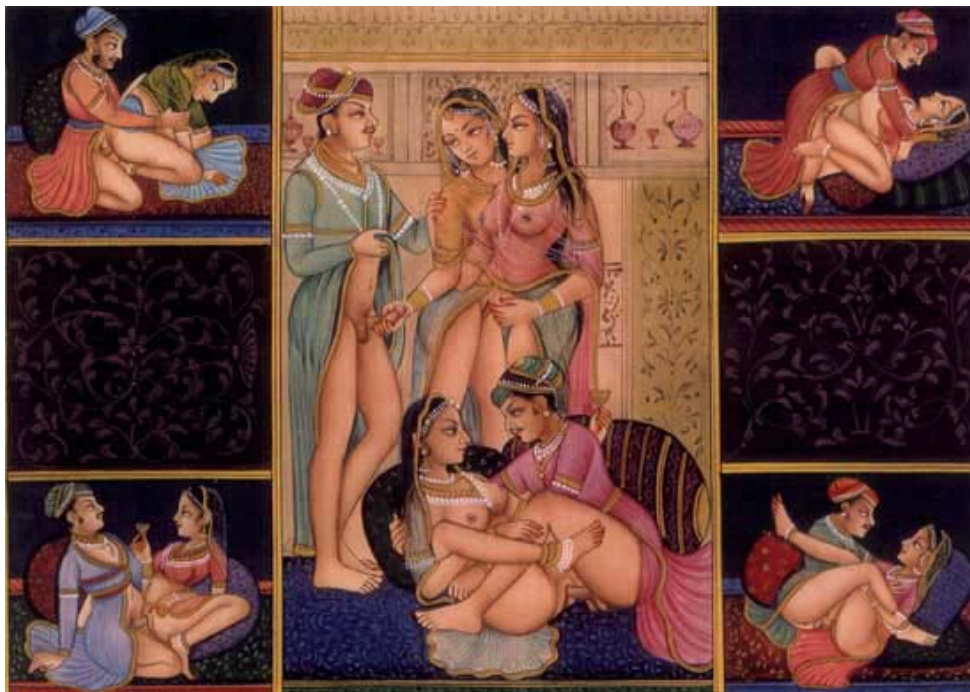
"Where should one use perfume?" a young woman asked.

"Wherever one wants to be kissed," I said.

- Coco Chanel (1883-1971)

Coco Chanel, Her Life, Her Secrets by Marcel Haedrich

Tips from the Sexperts



www.artoflegendindia.com

*“I am convinced that happy, guiltless, and lusty
intercourse stimulates the circulation and digestion,
gets all the glands going, and is the best physical
medicine in the world.”*

- Alan Watts (1915-1973)

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The Secret Sexpert Library

I'm about to disclose one of my biggest secrets. My husband is a romantic by nature and he enjoys reading every book he finds on the art of seduction and romance. Our home library contains many volumes of books related to this topic. Many of the ideas we've used in our past seductions have been machinated by my husband while using some of the information from our "Secret Sexpert Library." I asked him to make a selection of the 10 most influential books in his collection and he did it splendidly. We highly recommend you to start your own Secret Sexpert Library with these ten books. Enjoy! (Click on the title to request the book).

	Book Title	Author(s)
1	Sex Lover's Book of Lists	Ron Louis, David Copeland
2	The Art of Seduction:	Robert Greene
3	The Good Girl's Guide to Bad Girl Sex	Barbara Keesling
4	Make Every Girl Want You How to Have Sex with Hot Girls (Without Even Dating Them!)	John Fate, Steve Reil
5	Irrisistible Attraction: Secrets of Personal Magnetism	Kevin Hogan, M.L. Labay, Jack Swaney
6	How to be a great Lover: Girlfriend-to-Girlfriend Time-Tested Techniques That Will Blow His Mind	Lou Paget
7	Awakening the Virgin	Nicole Foster
8	227 Ways to Unleash the Sex Goddess Within	Olivia St. Claire
9	The Secrets of Sexual Play	Graham Masterton
10	The Psychology of Persuasion: How to Persuade Others to Your Way of Thinking	Kevin Hogan

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Booze & Brew

An interesting mix is alcohol and women. Studies have shown a correlation between alcohol and increased sexual activity amongst women. This isn't really a big surprise. Alcohol may help a person drop their inhibitions or feel "sexier." It's important to recognize that you may not make the same choices after a few drinks than you would without them. Studies found that females drink to feel more womanly, warm, loving and sexy. In other surveys it was found that over 65% of women claimed alcohol greatly or moderately enhanced their enjoyment of sex. It isn't hard to predict that drinking increases sexual arousal. Interesting enough in those surveys and experiments, women who thought they were drinking alcohol reported increased sexual arousal even when they were tricked by drinking plain tonic water. I cannot deny it, drinking does liberate women from their inhibitions but, even in the absence of alcohol, the rationalization to be slightly tipsy provides the same relaxing benefit.

My opinion is that a little bit of alcohol is a good idea for the psychological benefits of relaxation and softening inhibitions, however you should not get to a point of intoxication, because that can spoil the entire event.

If your plan involves alcohol, set aside the appropriate amount and put the rest away. In your nervous state you might be inclined to drink more than you should and you'll either be incapable of enjoying it as much as you would have wanted, or things might get out of hand. As a personal tip, stick to one or maximum two different drinks, and avoid beer.

Kinky Stuff

The Purity Test Party

When students from MIT created the first version of the *Purity Test* in 1982 it consisted of a 100 questions. The latest version consists out of 500 questions. The Purity Test is about the naughty things you've done sexually or are willing to experiment with. It starts out tame and gets progressively naughtier. *Troy Davis*, the webmaster from www.puritytest.net has now even an online version of it. Although it's interesting to read, some of the questions are pretty disgusting. However the idea is great. It's a very playful way to find out about people's fantasies and deeds. *Troy Davis* suggests holding "Purity Test Parties" which undoubtedly will be a lot of fun.

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I've created my very own "Trio Recruiting" version of the Purity Test questions and I'd like to teach you how to use it for your "Trio Recruiting Purposes."

Talking about sex is one of the sure ways to learn about your candidate's fantasies and desires, however sometimes it's a bit hard to build on it right? Well this is exactly where the purity test comes in. The way I've used it in the past is as follows: My husband and I invite our candidate for dinner and after a few drinks I mention "Hey, I found this really naughty questionnaire on the internet. It'll be fun to answer." Karl replies "Really? Let me see it!" So I go get it, read the instructions and we start answering it. You'll certainly feel the atmosphere steaming up while the three of you go through the questionnaire. I thoroughly recommend this fun way to learn more of your candidate secret sexual desires. Use it whenever and wherever you find it appropriate. To obtain a copy of our "Trio Recruiting Purity Test" ([Click Here](#)) (I need to add the link to the purity test)

Secret Confessions

True Sexperts know that talking about sex is a powerful way to seduce a third person for a threesome. A secret confession can also get the mood going. For example; after a few drinks you can bring the conversation to "secret sharing mode." Lower your voice, lean closer and say; "You know I've done some things I don't dare tell many people about." Then you shut up. She'll surely want to know about your naughty secrets. Then you play the role of being a bit shy but she will insist. Start a confession without revealing too much at first and see how she reacts. If the reaction is okay, tell her a bit more. If she appears interested, drop a "well I am not the little angel you thought," and smile. This can be a very effective way to get her to talk about her inner most fantasies.

Sexy Games

Another interesting variation of this is to use some sexy games. Games are great ways to start non threatening intimacy with another person. There are plenty of erotic games around that serve this purpose. Check out www.spicycouples.com and you can find several interesting games. One word of warning though: make sure you play the game with your partner first, before you decide to use it as part of your seduction.

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"We forgot the tattoos!"

Usually one of the most difficult parts of seduction is the undressing part, right? I once heard this story that I thought it was yet another creative way to induce the undressing. Possibly this is also an option for you too?

Becky and Chris had everything ready to seduce Emily. After an early dinner Becky started fixing a pitcher of Margarita to drink during the rest of the warm summer evening. Suddenly Chris said; "Darling, we need the tattoos!" "Oh, that's correct," Becky said. "Would you mind bringing them?" Emily wondered what he was on about, so Becky explained, "Whenever we drink Margaritas, we have to have a few tattoos. It's an old friend's tradition that we have." Chris left and came back with a selection of temporary tattoos that come off with baby oil. "Guests get to pick first," they told Emily.

She picked a small red rose with green leaves. She felt a bit curious with what was going to happen next, but she gladly played along. Becky picked a very nice butterfly and Chris chose an interesting looking dragon. Chris chose also a superman sign and insisted that sign belonged on his butt so Becky said, "Take em off, Clark Kent!" Chris stood up, unzipped his trousers, turned his back and pulled his briefs down. Emily jaw dropped but she certainly enjoyed what she was looking at. Becky made a big deal out of exactly where to place the superman sign. Obviously Becky got Emily involved in applying it. She felt funny touching Chris's bare butt, but Becky kept encouraging her. Becky was next and she chose her inner thigh to have the butterfly.

She pulled up her skirt and leaned back on the coffee table. Chris handed Emily the butterfly and said, "You put it on. If you're going to be part of our Margarita Club you'll need to practice." Becky spread her legs and Emily knelt between them. Through her almost transparent g-string, Emily saw Becky's shaved pussy. After much tentative trial and error Emily got Chris's approval on the exact location to place the butterfly. Emily bravely installed the butterfly just below Becky's panties. Several times during the process her fingers accidentally touched Becky's crotch and she felt her involuntary shivers.

Emily's turn arrived and she felt nervous with anticipation. She told Becky and Chris that she wanted hers on her shoulder but they both told her not to be so wimpy and to choose a better location. Emily thought for a moment and said: "I chose my right

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breast, just over my heart.” She unbuttoned her blouse but that wasn't enough for Becky. She said “Sweetheart, your bra is in the way” and she unhooked the clasp and pushed the cups, exposing her breasts. The next thing Emily knew, Becky and Chris were working on installing the rose on her right breast.

Obviously, it was impossible to press the tattoo onto a breast without touching, but Emily realized then Becky was massaging her a bit more than was necessary. Although Emily felt slightly embarrassed, she started feeling a warm feeling in her tummy. Especially when Becky said “Now they need to dry, and the two of them started softly blowing on her bare breasts. Both of them were very close to her and obviously their warm breath melted a lot of the “ice.” In a matter of seconds Becky started sucking her nipples and Chris shortly followed. Emily could have stopped it, but she had never had both breasts kissed at once, she felt wonderful...

That's exactly how they got the festivities started. If you want to order some temporary tattoos for your seduction go to [Tattoo Fun](#) online and order a few temporary tattoos.

Body Painting

Body painting is one of the best activities for promoting nudity, physical contact, laughter, creativity, good fun and conversation. It's also a great way to have an excuse for undressing. You'll need water based paint, in more than one color and in small containers. Get a few brushes, rags, sponges, and buckets for wiping up. Use your imagination and you'll have a lot of fun getting your threesome started. Here are a few websites where you can learn a little bit more about body painting:

www.bodypaint.ch

www.bodypainting.com

www.peoplepainters.com/bodypainting.htm

www.liquidlatex.net

www.bodyart.com

Pyjama Night

Organizing a Pyjama Night is a great excuse to snuggle together and sleep together. You can prepare a TV meal and watch a sexy film. A sensual massage will compliment very nicely.

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Cook Up a Meal That Turns You On!

Why not cook an aphrodisiac meal? Food can be a powerful seduction tool. I have included some web links where you can find great information about Aphrodisiac meals:

- http://www.gourmetsleuth.com/aphrodis_foods.htm
- <http://www.londonfoodfilmfiesta.co.uk/Artmai~1/Aphrodisiacs%20-%20Food%20to%20turn%20you%20on.htm>
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You can even order entire cook books with "love making" recipes:

[InterCourses](#): *An Aphrodisiac Cookbook* by Martha Hopkins.

[The Seduction Cookbook](#) by Diane Brown.

I know a couple that's very daring and creative in their food decoration. They decorate their dishes in very erotic ways. They use their imagination to present food in a way that looks like tasteful male or female genitalia or female breasts. Bon appetite!

Personal Tips

Dress Your Best & Avoid Surprises

Seducing for a threesome is very similar to a first date. You need to look your best. Wear a super sexy outfit, really nice lingerie and a provocative perfume. He must also look super attractive and should also wear nice looking underpants. The key here is seduction.

The last thing you want is your invited friend to be all shabby and you looking like a million dollars. He or she will feel uncomfortable and you'll reduce your chances for seduction. A typical topic of conversation amongst women is "What are you going to wear?" Avoid telling her: Just something casual will be fine. Tell her instead: "It's Friday night. You never know what might happen" or "Well, it would be nice to dress up for the occasion" or "Jack, feels like looking really sharp tonight; he wants

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to make it a special evening.” Anything that will hint her to dress nicely. The benefit of this is that the better you’re dressed the more self assured you feel. The more self assured a female feels, the more receptive she will be towards your attention.

Hygiene

I hope it’s not necessary for me to bring this to your attention however I better share it with you anyway. Short and simple; if you’re too tired for hygiene, you’re too tired for sex. In your seduction night you need to be clean and smell fresh for your friend.

Periods

Periods; an issue you might want to take into consideration for practical reasons. Women’s regular menstrual cycle is twenty-eight days. I personally don’t feel very attractive during my period and the two days before and after as I feel a bit bloated, so this takes me out of the seduction game nine days a month. When you’re dealing with another female on the equation there are additional nine days that are a bit tricky. If you actually do the numbers around 33% of the time it will be hard to have a seduction in which both women will feel 100%, so take this into consideration in your planning.

The last thing you want to do is to try to seduce your friend while she’s having her period. She won’t be as responsive as you’d like her to be. Although some couples might be okay making love during her period, the invited friend will be hesitant to let herself go completely during those days. The best way to tackle this problem is for the woman of the seducing couple to mention something like this: “Oh, I’ve got a tummy ache; I think I’m getting my period soon.” Normally an empathetic friend will say things like: “Oh, I know, I got mine last week,” or “Yeah, I’ll soon get my period too.” This will give you an indication of her timings. Now all you have to hope for is that she’s got regular periods. If you have a good relationship, it’s not difficult to find out by simply asking. There’s another upside about knowing about her cycle. Women get a bit hornier just before and just after their periods.

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Benefits of a Threesome

Are there any benefits of enjoying threesome once in a while? Oh YES there are! Let's take a look at the three major benefits of experiencing a more open sex life:

1. You can't cheat and the need to cheat diminishes
2. Your chances of remaining in a quality relationship drastically improve
3. You make more effort to stay in shape physically

You can't cheat and the need to cheat diminishes

Most monogamous couples choose to be monogamist not because they want to, but because they don't know any better. Many of them get married with the best of their intentions to remain faithful, however, after a few years of being together the "opportunity" arises and suddenly they "cheat" on their wife or husband. Why do you think people cheat? Because they're looking for something that they can't find in their steady partners anymore: variety.

The thought to have sex with only one person for the rest of our lives scares the hell out of most of people; especially guys! Whether we like to admit it or not; the truth is that traditional couples "cheat" all the time. If we're good enough at hiding our "affairs," the secret goes with us to the grave. Some "cheaters" however are caught in the act. Unfortunately cheating on your partner; caught or not, destroys that precious bond that you have together. The moment you cheat, you have subconsciously damaged the relationship. Interesting enough amongst sexually liberated couples "cheating" is nearly non-existing. Why? Because they "play" together so they can have the best of both worlds: familiarity and variety. Playing brings them together, not apart as in "cheating."

Your chances of remaining in a quality relationship drastically improve

Because you both get to play with other people your relationship gives you the best of both worlds: variety and familiarity. This gives you a huge advantage to keeping a long-lasting quality relationship over most monogamous couples.

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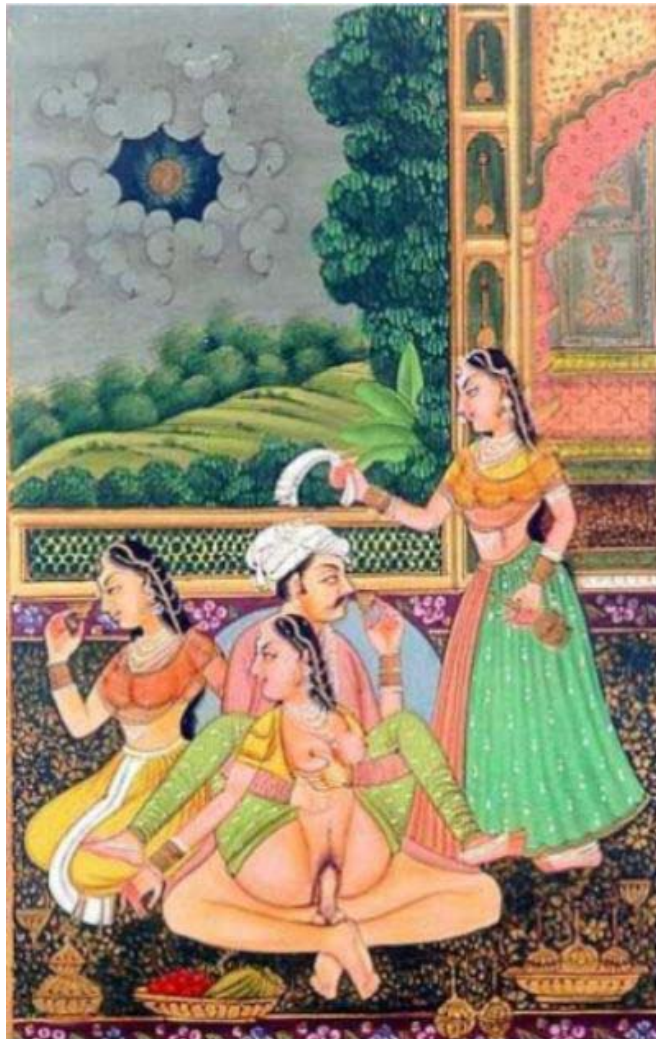
You make more effort to stay physically in shape

This benefit was already discussed chapter 6 but it's important to mention it again: because you're hunting for threesome candidate(s) you remain in the "Dating Scene." Most traditional couples end the honey moon phase in their relationship pretty early and reality settles in. They're living together, working hard, start a family, trying to keep up with their social and family life. This seriously affects their sex life; familiarity sinks in and before they know it they put on weight and stop taking care of their physical appearance... Having a sexually open, responsible non-monogamist relationship with your partner keeps you young. Flirting raises your self-esteem and gives you an incentive to remain fit and attractive. "Playing Couples," as they are known in the swinging scene, have a tendency to take care of their physical appearance. They want to be attractive not only for themselves but also for others.

***"There is nothing better for the spirit or the body than a love affair.
It elevates the thoughts and flattens the stomachs."
- Barbara Howard***

***"Make three correct guesses consecutively
and you will establish a reputation as an expert."
- Laurence J. Peter***

Final Thoughts



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*“You mustn't force sex to do the work of love
or love to do the work of sex.”
- Mary McCarthy*

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Final Thoughts

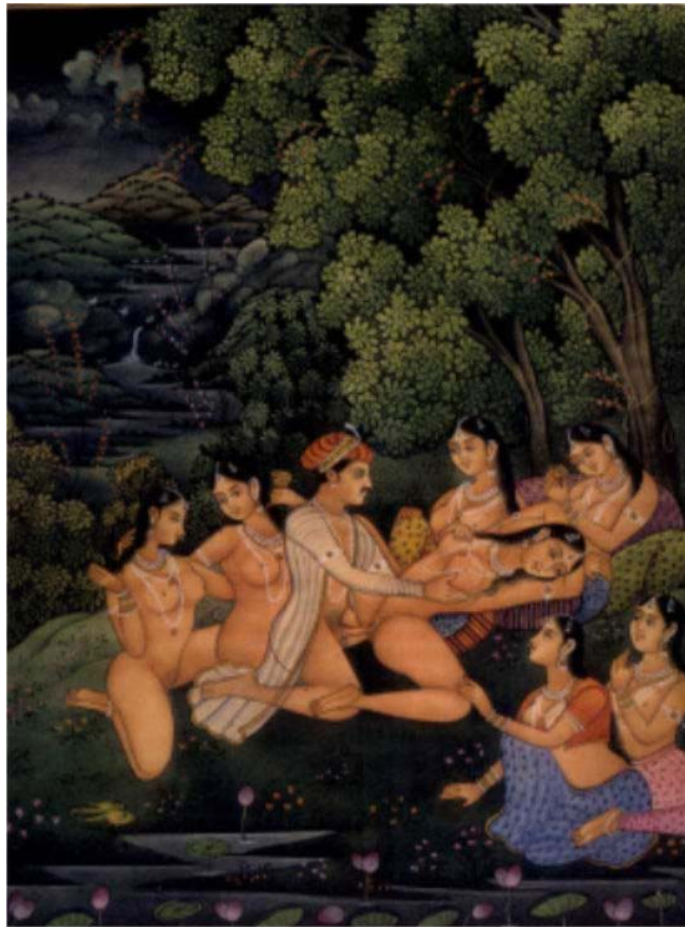
Karl and I have had a great time putting this book together for you to learn and enjoy. We believe in the exploration of the miracle of human sexuality, in all its wonder and diversity. I hope that by now you know that I've not written this book as a therapist trying to convince you of something you don't really want to do; *you* have to decide if you wish to explore your sexuality further than the socially acceptable boundaries. I'm merely providing information that will help you fulfil a sexual fantasy. The truth is that humans have a strong interest in sex, but it's rare to find people with whom you can have a rational discussion about the subject. From all activities that people are passionate about, the topic of sex is one of the most controversial and misunderstood. I believe that sexuality should be celebrated and I hope wholeheartedly that I've encouraged you to take your first step into a life of responsible non-monogamy and that you'll soon have the pleasure of experiencing your first threesome.

One of my favorite songs of all times is "My Way" by *Frank Sinatra*. I have tremendous admiration for people who really live their life "their way." One of the saddest moments in a person's life is to regret having missed a great opportunity. Your life is here, your life is now, enjoy it, explore it and most important live it to the fullest in every single aspect. I'd like to take this opportunity to thank you for investing in this book and I wish you'll get to experience 1001 incredible threesomes in your lifetime.

XOXOXO, Suzy Bauer

*"And now, the end is near;
and so I face the final curtain.
My friend, I'll say it clear,
I'll state my case, of which I'm certain.
I've lived a life that's full,
I've traveled each and every highway;
but more, much more than this,
I did it my way."
- Frank Sinatra, My Way*

F.A.Q's. About Threesomes



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*“Conservatives are not necessarily stupid,
but most stupid people are conservatives.”*

- John Stuart Mill

Are threesomes ethical?

You'll probably find that my opinion is far from everything you've been told by most of your respected elders, ministers, teachers or almost anyone inside the well intended society. We have been raised in a world where "monism" and "dualism" reign. Our upbringing has taught us that there is either one "right" answer or that there are "good" and "bad" answers. Only a small percentage of people ever get to understand what "pluralism" means.

When it comes to sex, we learn early on in our lives that we need to be "monistic." We're conditioned by external factors to think that monogamy is the single best way, and that an ideal marriage *must* be fully monogamist.

We idealize this concept and internalize it deep into our beings. As we grow up we get confronted with more socio cultural issues that are from a "dualist" nature, we tend to hear theories that basically divide the world in half. People are straight or gay, good or bad. Most of the time these divisions tend to be opposite; as if one is good and the other evil. Dualism leads us to believe that it's wrong not to conform to the norm of society. In this book I challenge most of those ideologies as I'm a pluralist by nature. Pluralists take the open-ended view; pluralists refuse to accept the reduction of everything down to one or two ways of seeing the world. To a pluralist, each person's life is important, so in my eyes there can be as many ways to be sexual as there are people in this planet, and in my eyes all of them are valid. So my answer to this question is obviously that of course threesomes are ethical.

Is a threesome sinful?

A lot of people base their sense of ethics on what society or religion considers "good" or "bad." They believe that being "good" means obeying the laws that have been set by a power greater than themselves. Most religions have been based on the belief that people are afraid of "breaking" the rules that are part of the creed of that particular religion. People believe that a certain force will punish them for doing something that's not within the boundaries that are set by the *interpreted sacred scripture*.

Most religions have conditioned people to obey rather than to grow. The truth is that human beings already have a programmed internal sense of ethics. It's not in our nature to murder other human beings. It's not in our nature to purposely hurt anyone.

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The reason why human beings do these things sometimes is because of psychological transformations beyond our understanding. It *is* in our nature to feel sexually aroused or to desire having sex with another human being. However, we've been conditioned to carry a feeling of shame for our perfectly natural sexual desires and fulfillments. I believe there's nothing evil or sinful about a threesome. This might be a different answer than you expected, but in my opinion all you're doing is sharing the special gift of sexuality with others.

Is a Threesome immoral?

Our culture tells us that a threesome is evil, uncaring, immoral and destructive. *Don Juan, Casanova*: watch out! Interesting enough, society thinks that giving yourself to pleasure is immoral. It's like if they will steal something from you.

That is strongly between your ears, basically in a threesome you are not taking away something from someone, on the contrary, you are sharing an experience with someone and also you are sharing pleasure with someone. The issue here is that many people are afraid that their relationship might be dented, the truth is it will not be dented because the fact that you have read this book puts you strongly ahead, if you share love tenderness and joy with that third person, the natural thing will be for your relationship to grow.

Is a threesome pathological?

I wouldn't like to get very "Freudian" here, but the truth is that having a threesome is the most common fantasy in the world! If it would be pathological, most of us would be "sick" right? Well, this is far from the truth, acting upon your sexual fantasies and trying to pursue arranging a threesome, simply makes you a doer and not a dreamer. So stop worrying about being "crazy" and understand that what you would like to do is nothing but a wonderful experience which if carried out properly you can cherish forever and hopefully can repeat many times throughout your life.

If I engage in bisexual activity will I become a lesbian?

Don't worry about that. Many women commence with bisexual behavior after the age of thirty. At the time of their first sexual activity with another female many are already married or are in a stable relationship. Most of them start as a result of agreeing with their partners to engage in consensual swinging activities and had no

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history of sexual attraction to females. Generally, most women who engage in bisexual activity for the first time admit to have a high degree of enjoyment of sexual activity with the other female, without losing the enjoyment of heterosexual activity with their partners. These women generally are in happy and stable marriage and after getting involved in bisexual activity their relationship and sex life becomes even better. Although there is a noticeable change in their sexual fantasies, the overall preferences for their male sex partners hardly ever changes.

Are all bisexuals the same?

Being bisexual simply means that you might be attracted to both sexes. In order to better understand the subject of bisexuality *Dr. Alfred Kinsey* created a scale, graduating between heterosexuality and homosexuality, to rate individuals on actual experiences and psychological reactions. The ratings are as follows:

- 0 - Entirely heterosexual.
- 1 - Predominantly heterosexual, only incidentally homosexual.
- 2 - Predominantly heterosexual, but with a distinct homosexual history.
- 3 - Equally heterosexual and homosexual.
- 4 - Predominantly homosexual, but with a distinct heterosexual history.
- 5 - Predominantly homosexual, only incidentally heterosexual.
- 6 - Entirely homosexual.

Clearly anything above 0 and less than 6 can be defined as bisexual. The best thing to do is to see things in a broader perspective. We all go through different phases in our lives and there is no such thing as a “fixed” number in the *Kinsey* scale; it’s just a useful tool for the discussion of sexuality.

Aren't bisexuals just going through a phase of being confused about their sexuality?

Not necessarily - many people are absolutely certain that they are attracted to both sexes; there is no confusion. Many people are bisexual for life, which proves it’s not always just a phase. It’s natural for people who are coming to terms with a sexuality which is not society's norm to feel confused. For some people, bisexuality is a phase between homosexuality and heterosexuality (and the individual in question could be going in either direction); for others it can just be a brief experimentation. But for

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many people bisexuality is a lifelong, committed sexual orientation... Many people have reported that their sexual orientation has shifted over time; sexuality is dynamic, not fixed. For some people it may be a small shift, for others it may be a major change in lifestyle. This doesn't make the points in between in any sense "wrong". Life is a continuous process, and few of us remain exactly the same over long periods of time.

Is it normal to want a threesome?

A threesome is the world's favorite fantasy; almost everybody at one time or another has had this fantasy. So the answer to this question is **YES**, you are absolutely normal wanting a threesome. Once someone asked me if she was a nymphomaniac because she wanted to be involved in a threesome with a couple I told her that the definition I once read said that a nymphomaniac is in the eyes of most people someone who has more sex than you. Sex is something to cherish and enjoy, there is nothing wrong in desiring threesomes.

Will my husband think I am a “slut” after participating in a threesome?

Darling; I can understand your concern... The reason why you're asking yourself this question is because you've been conditioned to think that what you desire is wrong. Interesting enough, I've been involved in the swinging community for a while and my experience is that most women find swinging to be a welcome dose of sanity. Our culture can be quite cruel to women who have an active interest in sex, often derisively labeling them "sluts" - a term which stands in sharp contrast to the less derogatory term for men, "studs." Most couples end up learning quite a bit about themselves and their sexuality through a threesome. A threesome can be an opportunity to learn to relax and appreciate sexual pleasure, and it may help one to view sex more as a source of pleasure and giving. So my answer to this question is **NO**, I don't think your husband will think you're a “slut” after being in a threesome. Nevertheless talk to him and share your concerns beforehand.

I am a single woman and I fantasize about being with a couple. Shall I do that?

I think that you are amongst the privileged few who understand all the fantastic opportunities you have by being a single woman. I'm sure that after reading this book, you got many ideas of how to find couples. Single bisexual women are a dime a dozen, so you have the ability to seduce really good looking couples. If you dare, why not go to a swingers club and have a night of lust and passion? The great thing about swingers clubs is that females rule, so you shouldn't be afraid of anything. Enjoy!

How can I learn to share intimacy without falling in love?

Good question. The answer is: with practice, and being open minded you can learn to share intimacy without falling in love. Mature individuals can develop an intimacy based on warmth and mutual respect, much freer than the desperation, neediness or the blind craziness of falling in love. The moment you understand this, sexual friendships will become not only possible but also preferable. While most people worry about if having a threesome with their best friend damages their relationship, sexually mature individuals will work on ways to take their relationship to a new level. They will cultivate friendships that are non sexual, but they will also cultivate friendships where escapades can happen. In other words they'll start to grow "fuck buddies." Each relationship will find its own level, or if you will let it, any relationship can flow together to a way that fits you all.

***"It is not because things are difficult
that we do not dare,
it is because we do not dare
that they are difficult."
- Seneca***

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Notes

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- (2) Threesome - How to fulfill your favorite fantasy by Lori Gammon
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