

Flower Bud



Begin by spooning, with the receiver as the little spoon. The receiver wraps her top leg around the giver's thigh as the giver props himself up with his lower elbow and enters. He can use his top hand to stimulate her vulva, clitoris, or nipple to coax her flower to bloom.



You Are Not Your Body

If your partner wasn't turned on by you they wouldn't be having sex with you. That's just a fact. A lot of curvy girls can feel self-conscious, uncomfortably vulnerable, or just plain scared to engage in a position like the Flower Bud where their tummy is so exposed. This is a good time to re-train your mind away from the self-effacing or worrisome thoughts that might be coming up for you. A great way to do this is to not beat yourself up for feeling or thinking the way you do. Instead, notice you're having the thought, acknowledge it in your mind, and then replace that thought by focusing on the pleasure you're receiving and giving.

Use all your senses. Listen to your partner's breathing (or moaning) and see if you can determine his/her level of pleasure by its changing patterns. Hone in on body language and movements and how they communicate arousal. Concentrate on what it feels like where all the parts of your skin connect. Ask yourself what feels good, what's just okay, and what is incredibly arousing. Stop the negative thoughts by focusing on what's happening in the moment and on what kind of pleasure you can or are giving your partner, then revel in your ability to be present and in your pleasure at the same time as your partner—that's no small feat!