7 Mistakes you Never Want to Make in the Bedroom

1. **Trying to make her (yourself) orgasm**
   *The more you want her to orgasm (women, the more you try to chase or find your orgasm) **the more you push it away**. She has to feel un-pressured and safe to surrender to the pleasure.*

2. **69 – Too Often**
   *The 69 position and any time you are both trying to give pleasure while also feeling and receiving pleasure means you **both get less pleasure**. Separate your giving and receiving.*

3. **Leaving your Heart Out**
   *Your heart will guide you to deeper pleasure. Connect your heart and your genitals, and add your spirit in for dessert, to **awaken intense orgasms**.*

4. **Doing it Before You Go To Sleep.**
   *Simply, in today's world, we are too tired. **Make lovemaking a priority** at other times of day when you have the energy to actually connect.*

5. **Fantasizing (Not Being Present)**
   *Whether you're imagining another person, another position, or your to-do list, **you're missing out**. Bring your body, mind and spirit to the experience at hand. The pleasure will intensify.*

6. **Forgetting to Tell Her She's Awesome**
   The woman in her wants to hear how wonderful she is. See the article Does She Get Upset the Day after Great Sex.

7. **Keeping it Equal**
   Equality kills our passion. Men and women are different… learn the differences and integrate them fully into your love and sex life. See the article Equality Kills Passion.

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