

Art Of Sex

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Abstract

Sexuality mainly begins with a person's birth, and in doing so, the person gets sexual pleasure in different ways at different stages of birth. Even in the 21st century, society has shown its inability to accept sexuality as a basic need, to satisfy sexual needs one should satisfy libido without disturbing others. In order to attain the ultimate happiness, society should work on both the mental and physical side, only by doing so can the highest point be reached, otherwise the activity will remain limited to the body only. Art of work is primarily pleasure passion and sexual pleasure, jewelry, romance along with five senses and genital senses to achieve ultimate pleasure. It is necessary to stimulate the each other's whole body using the five senses and the pleasure part of the body. The mental health center is mainly based on self-acceptance, so a person needs to understand and accept themselves.

Keywords: Unconditional Acceptance (UA), Excitement Phase (EP), Plateau Phase (PP), Mingle to Consciousness (MC), Orgasmic Phase (OP), Resolution Phase (RP).

Introduction

Libido and eternal pleasure have been a topic of discussion since ancient times. Ancient literature has been created on this topic. Many researchers have reasoned that there may have been harmony in ancient times because there are works of art such as carving idols, caves found all over the world.

Sexuality mainly starts from the birth of a person and in this the person gets sexual pleasure in different ways from different stages of birth. During adolescence, children personalities develop. Many changes in different aspects take place, enthusiasm flows and hormonal change in them leads to changes in the world of children. In this situation confusing question, with all upheaval in them and the children are scrambling to find answers, mainly question about sexuality. Children try to find / explore them.

Sexuality is natural; its attraction mainly starts with the hormonal changes that occur during adolescence. It varies according to each individual's needs and genetic factor also plays a role. Not only does reproduction require a heterosexual partner to survive in the evolutionary race but our bodies, minds and brains are designed to have reproduced with such a heterosexual partner. Therefore, the fact that young boys and girls have been attracted to each other since ancient times. This does not mean that only a heterosexual partner is needed to satisfy sexual needs, also homosexual partners are seen in the society. This thing is completely natural and everyone's point of view can be seen in it. But the bigoted system and social practices in all countries are responsible for keeping sexuality a secret due to which many misconceptions about sexuality are diffused in the society. Clearly discussing a sexual urge to be surreptitiously met only with the opposite sex is a social inculcation of immorality as a sin, it is wrong to associate libido with morality because morality is related to social life and sexuality is a basic need. Libido is awakened from adolescence; it needs to be properly recognized and accepted unconditionally; if this is ignored or suppressed it will cause great psychological damage.

Even in the 21-century society has shown its inability to accept that sexuality is basic need, to satisfy the sexual needs one should satisfy the libido without disturbing others. For that one has to find the natural work within oneself.

Sex and Reality

From human evolution until today, the sweet misconception that sexuality is only for reproduction has been scientifically instilled in society by bigots. There is a lot of discussion in the society about the basic needs of human like thirst, hunger and sleep, but the main need of sex is seen to be shrouded in secrecy. Although libido is a physical activity, sexual attraction first arises in the mind so for libido physical and mental balance is equally important.

A person enjoys sexual pleasure at various stages form birth to age. Infants enjoy touching their own genital but since sex hormones are not functioning in the body at that time we do not experience the next stages of sex. Since puberty, sex hormone starts to release in the body and a person starts to feel it. When the libido is strong it hits the body. In men sperm production is a continuous process and in women, the necessary chemicals are also released as long as sex hormones are active in the body. Sex hormones are being produced in the body and the mind is creating the libido needed to reach sexual climax.

It is necessary to recognize that libido is natural and accept it unconditionally. The ultimate pleasure derived from the art of work is that it makes one's entire universe happy not just with intercourse, but with life itself. Art of work is primarily pleasure Passion and Sexual Pleasure, Adornment, Romance along with five senses and genital senses to achieve an ultimate pleasure. But considering the current changing lifestyle and fierce struggle, sex life is seen to be limited to the body only. Due to the changing lifestyle, it is seen that the physical and mental health of a person is greatly affected. The worldwide decline in human sperm count is a major concern and its effects on a man's virility are a matter of concern. If this situation continues like this, the life expectancy of the individual will be reduced and the reproduction will be greatly affected.

There is no need to have a partner to get sexual pleasure, because one can get ultimate pleasure even through masturbation. A person is unable to reach the zenith in the art of work in spite of their own or each other's volition. Society has become obsessed

with exploring various factors such as sexuality and its misconceptions, ignorance, fear, attraction, masturbation and sin. It is causing a lot of mental problems.

Various medias are also being used on social media to find out about sexuality but there is no guarantee that it will provide the right information. This element of dysregulation form sexuality is running behind virtual perverse pleasure. Pornography is available in society and it is spreading sexuality impotence, various mental illnesses and perverse pleasure in society. Another medium is sexting, getting physical stimulation by sending each other nude photos or videos of yourself with as stranger. This is creating a feeling of dissatisfaction that is becoming the business of some elements.

In order to attain ultimate happiness, the society should work on the mental side as well as the body, it is only through this that the highest point can be reached otherwise the activity remains limited only to the body. Rape, molestation, murder, mental disorder, cybercrime form the very person who seeks such erotic virtual perverted pleasure. Such incidents are on the rise in the world and the day by day increases in these incidents is a matter of concern.

As a proof of this, it is seen that almost 1:3 i.e. 30% women are victims of physical or sexual violence in the world also millions of women are being raped and kidnapped, 27% of women in the age group of 15-49 feel that they have been abused by their partner. This shows that the society is limited only to physical pleasure.

Mingle to self or each other

Art of work is present in every person form birth. When the body and mind are ready for this action, to use this art it is necessary to unite to reach the highest point. Being at one with the body and mind is associated with pleasure in the fulfillment of sexual needs. It is necessary to emphasize the area from the toenails to the hair of the head for uniformity. The entire body needs to be stimulated, even if there is less and more sensitivity in the arousal area. It requires the use of five senses and aphrodisiacs. It is not necessary to have love to be mingle, it requires unconditional acceptance of oneself and ones partner. One gets to experience supreme happiness by being mingle with oneself or one's partner.

1)Unconditional Acceptance :-

The center of mental health is mainly based on self-acceptance so a person needs to understand himself and accept himself. Also instead of accepting the other person as a sexual partner it is necessary to understand each other's entire personality, desires, passion and needs and accept her/him unconditionally as s/he is. If there is no unconditional acceptance, spouses have problems integrating.

2)Excitement Phase :-

It is very important to open up to each other to reach the climax in the art of work. It is necessary to stimulate each other's entire body with the help of five senses and the pleasure part of the body. While focusing on the physical side of sexuality, attention should also be paid to the psychological side of sexuality. If the mental side is neglected, then the work is limited to the body, so the mental side should also be stimulated in the art of assimilation.

3) Plateau Phase :-

At this stage in the work the changes made in the previous stage have to be enhanced mainly in the five senses and physical pleasure areas. One is expected to become unconscious towards each other but if during this activity either of the partners has a physical problem or mental level of fear, stress, mental illness, anger then there will be problem in reaching the climax of the work and a feeling of unsatisfiedness arises.

4) Mingle to Consciousness :-

A special energy is created in each others body during the higher state and trance state when the physical and mental sides are at one. And that energy is coming out of the body in the form of consciousness until it is mingle with this consciousness and the pleasure part will not be satisfied for these consciousnesses. It is necessary to mingle with each other, but for this it is necessary to mingle the body and the mind.

5)Orgasmic Phase :-

This stage is very pleasant in the art of work. In this phase each other work is complemented by the high point overflowing. The brain begins to release feel good hormones, instantly sending waves of pleasant sensations throughout the body. The action that goes beyond each other's passion gradually loosens the body and sinks into the bottomless ocean of orgasm.

6)Resolution Phase :-

After uniting in work, while the flow of new consciousness is flowing in the body, the fulfillment of each other's work is mitigated. Gradually each other's body comes back to its original state , body and mind are prepared for new work according to each other's needs according to natural impulses.

The Path Ahead :-

A person needs to understand himself as well as his partner and accept it unconditionally. Sexuality is natural and it is a basic need of person, to fulfill this need everyone has the art of intercourse which must be brushed aside and used to experience the ultimate pleasure. In sex, as much emphasis is given to the physical side of the person, it is necessary to give as much emphasis to the mental side as it is the only way to reach sexual satisfaction for that it is necessary to be mingle with yourself or your partner.

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