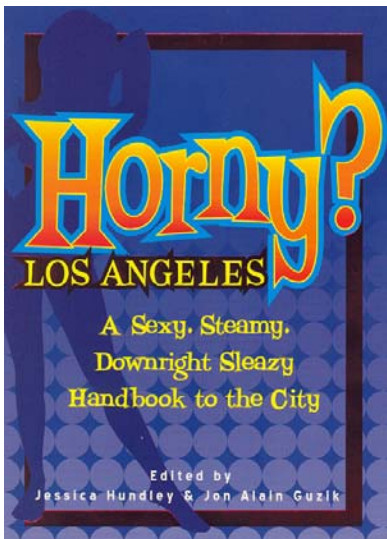


From Behind Our White Picket Fence Week 20
By Freddy and Eddy

This Week: The Tantric Key to Lasting Longer in Bed and A Couple of Great Book Suggestions

This past week hasn't been kind to the Weekly's favorite smut peddlers. A bout of vertigo and the cold-from-hell knocked us both off our feet for the last 7 days. Sexual activity isn't as fun when accompanied by constant coughing and reaching for the bedside box of Kleenex. Ironically, we were both coming off a great week; we managed to make it Gold's Gym almost every night, we ate healthier than normal, and we even slept a few more hours each evening. In retrospect, it's obvious that none of this matters when the bug is out to get you.

One benefit we enjoyed from the involuntary confinement was the chance to tackle a few adult books. Though we love to read, the time constraints of running our business, being hyper-involved parents (we coach and team-mom TWO sports teams, for example), and keeping up with the endless boxes of toys that arrive daily leave little time to enjoy the pleasures of reading. With our house under quarantine, we read voraciously and here are two of our favorites:



Horny? Los Angeles, by Jessica Hundley and Jon Alain Guzik. We'll forgive the authors glaring omission of *our* sex shop from the pages of this nifty guide to LA's steamier side, and give it our highest recommendation anyway. Whether you're looking for a great strip club, nude beach, sex shop, pick-up bar, hotel, or even a dungeon, this fun and lively guide will point you in the right direction. The authors wisely steer clear of massage parlors and escort services and even venture as far north as Santa Barbara and south past Laguna to point out the best places to exercise our adult sides. There's even a gay version now available!

The Housewife's Guide to Practical Striptease, by Miyoko Fujimori. This incredibly fun and informative book takes the approach that using erotic dance and strip tease to tantalize your mate is (in actuality) one of the most empowering acts a woman can undertake. It's a form of sexual expression that can reverberate into a more fulfilling sex life overall. Local author Fujimori covers everything you'll need to know to successfully put the local strip club out of business; from preparing mentally (you ARE sexy – dammit!) to proper attire, music, and



lighting. Each chapter is written to instill confidence that you can, indeed, perform a strip tease and we can say from personal experience it CAN be done.

In past columns, we've written about our gradual entry into the world of tantric sex, courtesy of tantra instructor Deva Charu Morgan. Our first experience was an hour-long session with Charu, who led us through several breathing and touching exercises, all meant to establish deeper connection. The most disconcerting of Charu's drills was forcing us to make direct eye contact – for five straight minutes – in which we found ourselves in unfamiliar emotional territory. For though we've been together almost 18 years, it's doubtful we've ever fixed our attentions on one another in this way. Later that evening, we repeated the exercise during our love making, with profound results. Sex was more loving, passionate, and longer than it had ever been (and we didn't climax, incidentally). We kissed constantly, our hands and fingertips explored every inch of flesh as if for the first time, and our eyes remained focused above the shoulders the entire time.

Admittedly, every time we make love will not follow this script; there are times when pounding out a hot tryst is unavoidable (and it is hard to make eye contact when one is blindfolded and gagged). However, the frequency with which we've been integrating this tantric technique into our sexual routine has increased quite a bit for the simple fact that it makes sex last *longer*. By diverting our attentions to the *process* of making love, we've managed to conquer our fixation on the *climax* of the act. In other words, we've taken the emphasis off of orgasm and ejaculation and placed it on connecting and deepening the sexual act itself. To cite one specific example we will sit upright, penis in vagina, for almost an hour without moving, instead tightening specific muscles to create sensation, rather than by friction, which might cause ejaculation, thereby ending our interlude. We'll have much more to say on this subject in future columns, but unfortunately our 750 word threshold has now been reached.

Upcoming Events: Intro to the Art of Exotic Dancing for Everyday Women, ladies only, February 26th, 6-8:00 pm, \$35 at Freddy and Eddy (call 310-915-0380); Tantric Taster, March 1st, 7-9pm, FREE, (call 323-363-3135). Have an event you want listed? E-mail us and we'll include it!

Next week: Porn 101: How to Get the Most Out of Adult Video.

Missed a chapter of your favorite sex advertorial column? Visit our website for past installments at www.freddyandeddy.com.