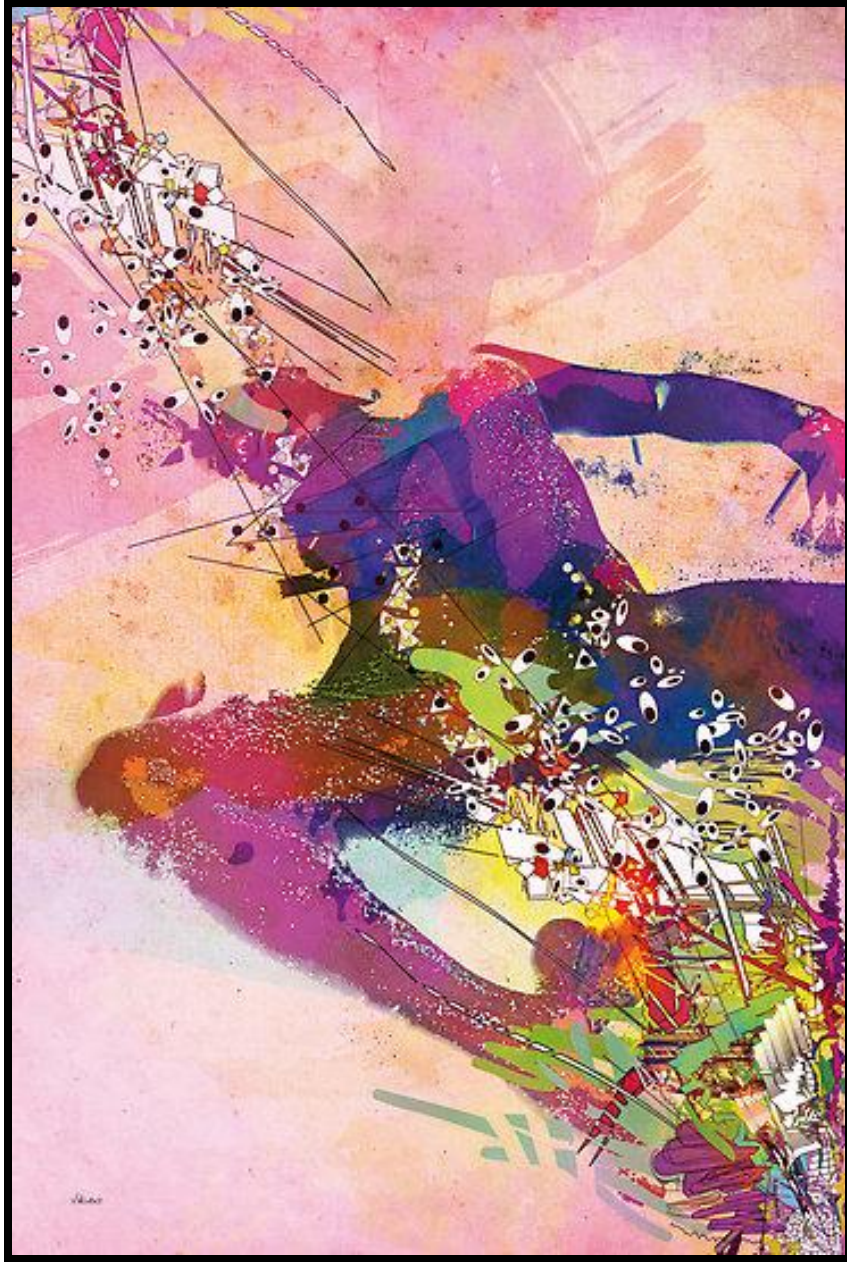


The Sensual Life's
Guide to Getting Off:
What It Takes To Really Have It All



Orgasm ©J Velasco

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Introduction

As my 40th birthday got closer, a little voice inside my head got louder:

Not one more year... This has to stop... I can't do this anymore...

It started out as a feeling of benign dissatisfaction – a yearning for something more – that I expect many people get around the same age. Over time, though, it started to feel more like a life-or-death emergency.

I remember telling my husband that I feared a round of cancer was coming. My very cells felt like they were revolting – that any minute one of them would go rebel – and I would become another statistic in my family's history. My mother had been diagnosed with breast cancer in her early 40's, and my husband's mother died of breast cancer in her 50's. My fear felt not only founded, but imminent.

I need...I want...If only...

I couldn't finish any of those sentences. In a way, it was like I already *had* cancer – a cancer of my spirit. And once it had a hold on me, it wouldn't let go. I had no idea what the root cause was, although I had theories. Unfortunately, I acted on every single one of them.

I thought it meant I shouldn't stay in my marriage any longer...so I left. Or that I had overgrown my business...so I cut back. Or that my grasp had gone way past my reach during the great real estate bubble...so I divested ownership in everything.

While that left me broke and without a spouse, the freedom I was searching for eluded me.

Eventually, I became depressed, started drinking too much, even picked up smoking again– a habit I'd laid down in college. Still, I had no linear words, no explanation, for what was happening to me.

Fortunately, I am a writer and a poet. So that which couldn't make its way out of me in rational or verbal terms, started seeping out onto the page. It seemed like a jumbled contradictory mess at first. Erotic poetry...angry prose...all written to sad music. Until finally, the picture came into focus.

You'll Never Have More Sex Than You Have Honesty In A Relationship

Yes, I wanted more sex. But not with my husband. It wasn't that our sex wasn't good, or that I wasn't attracted to him. It was that I had become too angry to have sex with him. I was afraid that sex would seem like approval, and approval meant that nothing would change. And I desperately wanted things to change.

So, no sex for him. Or for me.

Then, there was the fact that I wanted more sexually than I would admit. How could I say that I was fantasizing about being with other men – and women – more and more frequently? Or that I wanted him to be a little more rough with me? Or how much I missed the dates, flirting, and romance that was all-but-gone after a decade together?

In the context of a monogamous marriage, admitting to any desires that fell outside the bounds of the relationship – even if I didn't act on them – felt too threatening.

I started to notice a distinct pattern in my relationship – the less honesty there was between us, the less sex we had. Not that we were lying to each other – we weren't – at least not overtly. But withholding? Definitely. Perhaps to protect one another – and yet – our silence had the exact opposite effect.

It didn't preserve the relationship...it destroyed it.

Sex Was Only The Beginning

While my desire for sex (or rather, my crushing need for it!) after my marriage ended was all-consuming, I later found it was only the beginning. I was lucky enough to find a safe place to explore and experience what I can only describe as an intense sensual awakening.

I spent the better part of a year living part-time in a community of people who were researching sensuality – and suddenly, a whole new world opened to me. We took on intimacy, relationship, sensuality, sex, and orgasm as fields of inquiry. We used our own relationships as subjects. With just one tenet – to stay connected no matter what – we went through the good, the bad and the ugly of re-learning how to have honest, authentic relationships.

Over time, I realized how many of my ideas about these topics had been forged by fairytales, reinforced by unreasonable expectations, shrouded in fear and shame, and doused with more ignorance and innocence than was commensurate with my age.

In other words, I learned a lot.

I pulled off layers and layers of guilt, shame, and conditioning about sex that had kept me silent in my marriage. I found a voice for the pure feeling and sensations my body was capable of, beyond the meaning and analysis my brilliant mind used as a weapon to keep me under control. I fed the hungry beast of my sex...until a playful kitten finally emerged.

And those were just the top layers.

I also discovered that I was terrified of real intimacy, and didn't know how to create or sustain it. I used sex as both a tool and a weapon. And I was angry and played the victim throughout much of my life as a way to avoid taking personal responsibility. While that seemed like the bad news, confronting those parts of myself led to even greater freedom.

What emerged from this personal journey was a beautiful – and quite unexpected – discovery. I found the full range of my sensuality in the same way one might lovingly polish an old silver set, passed down through generations, and restored it to its original beauty and perfection.

I also realized how difficult it can be to do this when living the usual life in the usual way.

The Sensual Life is Born

The more I talked to others in my situation – women and men alike – I realized I wasn't alone. Not by a long shot.

I'll never know if having access to the information I share in this report back when that little voice first started its whisper in my ear would have changed my story. But I do know that my life is so much richer...my relationships deeper and more rewarding...and yes, my sex infinitely better...for having taken the time to open myself up to new ways of experiencing my sensuality.

Most people can't – or wouldn't want to – ditch everything and throw themselves into an intensive learning environment. Or take the subject of sensuality on as their life's work. But they do want the spoils...

Better sex. Deeper intimacy. Stronger relationships.

That's why I've taken the information I learned during my personal journey, combined it with erotic intelligence I've garnered from other teachers and experts I've met and studied with along the way, and created *The Sensual Life*.

The Sensual Life is about opening up to the possibility that there is more to our sex than most of us realize. Technique is only 20% of the game. The other 80% is how we relate to ourselves and to one another. Most of us think that we can attain the 80% of relationship and intimacy if we do the other 20% of technique right. Not true! In fact, it is the exact opposite.

But you don't have to take my word for it. Everything *The Sensual Life* offers is designed to be fun and engaging, and to provide you with a safe place to explore, experience and express the widest possible range of your sensuality. My invitation to you is to try it for yourself, starting with the 10 tips in this report.

What Makes This A “Guide to Getting Off?”

No, this isn't a special report about orgasm...or is it?

It doesn't cover any of the nuances – or even the basics – about having an orgasm during sex. It won't reveal any new sexual positions to try. And it may even fly in the face of the kinds of tips many “experts” in dating and relationships dole out.

But I guarantee you this: if you put these 10 tips into practice, you'll notice a difference. In yourself, your relationship, your friendships. And yes, in your sex.

You'll be introduced to an expanded idea of “getting off” – and how every aspect of your life and your relationships affect your orgasm.

- How the little white lie you told on Monday ends up in your bed on Friday night...
- How you stayed angry even after your partner brought home flowers and apologized – and now you're just a little less turned-on when he touches you...
- How you are still trying to be the good boy or good girl your mother wanted you to be – even though you have been a grown-up for many years now...
- How you won't let yourself admit your desires – even to yourself – and so you walk around feeling chronically dissatisfied but unsure of what it might take to feel fulfilled...
- How you are always waiting for the other shoe to drop, unwilling to feel how happy you are out of fear that it won't last...

In a culture dependent on therapy and pharmaceuticals, we've become convinced that undoing these patterns of behavior is hard work. And yes, sometimes it is, and often, there is a place for such remedies.

But I am willing to bet that if more people realized that these simple suggestions could improve their sex lives, a lot of pharmaceutical companies, therapists (and sex toy shops!) would be out of business!

Know that this report is intended only as the launching pad for your journey. *The Sensual Life* publishes and recommends articles and books that expand on each of these tips, and many more aspects of living a life that is inspired and informed by your sensuality. So, if it feels like we are just scratching the surface – it's true! The purpose of this guide is simply to introduce you to some of the practices, behaviors and concepts that will open you to more fully experience your sensuality.

While much of what we discuss in *The Sensual Life* has deep philosophical underpinnings – and is discussed extensively by numerous scholars and experts – our deepest desire is to inspire action and change. *The Sensual Life's Guide to Getting Off: What It Takes To Really Have It All* is designed to be fun and practical. Read about it today, try it tonight, feel different tomorrow.

Is it that simple? You won't know unless you try.

#1: Be willing to feel everything

In the US, we are so addicted to the concept of “happiness” we wrote it into the Declaration of Independence as one of our “inalienable rights” – alongside liberty and life itself!

But what about sadness...anger...jealousy?

When we are only willing to feel certain emotions and not others, we are cutting ourselves off from an essential part of what it is to be human. It is like limiting ourselves to eating only sweets, or having sex in only one position, or going to only one restaurant when we go out.

Of course, encouragement to feel your feelings isn't exactly a new concept. But what might surprise you is how connected your willingness to feel the full range of emotions is to your orgasm!

If you think of orgasm as just one of many types of climaxes or releases we can experience, you can quickly see why we have expanded the idea of “getting off” to include more than just an orgasm experienced during sex. When you have a good cry, and you feel better afterwards...you got off. When you laugh so hard, tears stream down your face...you got off again. Watch a winning football game...more get off.

I think you're getting the idea!

Both our physical and emotional bodies – in fact, most natural processes – follow the same arc as an orgasm. Build-up, release, come-down. When we are willing to feel everything, we are always getting off!

Start thinking of all your other feelings and emotions as the workout that keeps your orgasm in good shape – and allow yourself to feel everything fully.

#2: Share your uncensored desires with someone else

If orgasm is your body's rocket ship...desire is its fuel. Though occasionally confused with (or overlaps) lust and fantasy, desire tends to be the purest expression of our heart and soul.

When we constrict and muffle our desire, it can come out in distorted ways. Sharing your desires openly – especially with a partner, but also with friends and people we are close with – can be the key to keeping your heart and spirit open.

The most important element of sharing desires with another person is that you both acknowledge and agree that you are not responsible to fulfill the other person's desire. In fact, the best response to hearing the desire of another person is...thank you! By sharing a desire with you, they are allowing you into a sacred place that most of us hide and protect.

Think about it...have you ever had a desire that you kept from your partner, like go back to school or travel Europe for the summer? Maybe you were afraid they would say it costs too much, or get angry with you, and worse, feel under the weight of having to make it come true for you.

Once you let the other person off the hook of being your personal Desire Fulfillment Center, sharing your desires becomes a way of getting to know each other, and creating intimacy between you. If you allow your anticipation of the other person's response keep you from sharing fully, you sell yourself and them short.

If you find yourself shy or reticent about sharing your desires, start by at least capturing them in a journal. Perhaps you and your partner or a friend of your choice can both make desire lists. Then, share those that feel safe to you, and keep private those that feel too close to your heart ...for now.

Like any practice that builds intimacy, you will develop a muscle for such intimate sharing with others that will allow you to be more open and share more fully in time.

Not all desires are big and heavy and daunting. They can be fun and weird and silly, too. One couple in my coaching practice admitted they were jealous of how well the dog was treated in their household compared to the people! And they shared a silly desire to get the same kind of attention from their partner that the dog received at the end of the day. Their laughter and ability to observe and share this created a wonderful opening that continued to grow, and added a playful quality their relationship had been missing.

The desire we are often most hesitant to share is sexual – especially if you're in a monogamous relationship. Which leads me to the last note on desire: not every desire requires fulfillment! Sometimes speaking it and sharing it is enough. And in cases where the person does want to fulfill a particular desire, sharing it is a very important step that can allow both of you to be part of its fulfillment. For most people, it is the dishonesty and breach of trust involved with an infidelity or secret sexual act that ends the relationship – more so than the act itself.

I was once in a monogamous relationship with a man who came out to me, saying he was gay. While I was upset on some level, I also felt a strange sense of relief – as if he had finally revealed a truth he'd been concealing. In fact, our sex was the best it had ever been for the two weeks following his declaration!

I was fortunate to have the support of a few friends, an open mind when it comes to sexual orientation, and a strong basis for communication in this relationship – all of which helped us through. I decided to remain open, stay in conversation, and encouraged him to decide for himself – without any restrictions from me – if and how he wanted to fulfill this desire.

As it turned out, he never did go on to have a sexual encounter with another man, and even in his next relationship after me, he was with a woman. Later, he said that he felt so different from other men – he was not a man's man – that he couldn't think of any other way to explore or express that feeling without the label of "gay." Speaking this desire gave him a freedom his spirit needed to feel comfortable in the world. And listening to his desire without making him wrong, freaking out, or taking it personally, gave me the freedom to stay in the relationship and be part of his journey.

#3: Say yes when you usually say no...Say no when you usually say yes

It's easy to get into a rut when it comes to saying *yes* and *no* to requests. I notice it most often with my children these days – I walk into the store armed with an immediate *no* to anything they ask. Gum? No. Sugary cereal? No. Fruit Roll-ups? Uh-uh.

But sometimes, I find I really want to say *yes* to some of their requests. *Yes* feels better – to them and to me. And it helps them distinguish between choices, rather than assuming I'll say no to anything they want. So I challenge them sometimes to find something I can approve that also excites them.

It's no different with our friends and relationships. When there is love and trust, we can often feel safe enough to explore a change in our usual answer – adding some spice and unpredictability to the relationship that keeps it fresh.

Of course, the question of *yes* or *no* seems to take on monumental proportions in our sex lives, from a very early age. The very first *no* that I issued to a would-be lover didn't stick – and there went my virginity, without my consent. And that was only the beginning. Many, many times since then, I issued a *no* when I wanted to say *yes*, and ended up saying plenty of *yeses* when I wished I'd said *no*.

I later realized that my answer was often based more on my fears of how I would be perceived than on what I actually wanted. I can honestly say that during the first 20 or so years of being sexually active, I rarely knew – or claimed openly – what I really wanted.

One of the first lessons I learned when I studied Tantra and other sensual practices is how incredibly important it is to be able to say *yes* and *no* when you mean it. To draw boundaries that create safety then gives you the freedom to explore fully.

That said – if the safety of a relationship has been established – it could be fun to change your usual answer. Or to start a conversation with your partner about what it might take to turn your *no* into a *yes*, or vice versa. Maybe you are only comfortable being intimate with the lights off, and your partner wants them on. Can you find a solution that would lead you to a *yes*? Perhaps candlelight...or a string of tree lights on a wall of the bedroom.

If you don't like your new answer, you can always go back! But the old adage really is true – you won't know unless you try.

#4: Do something your mother would disapprove of if she knew (No, you don't have to tell her!)

Don't reveal too much cleavage...don't stare at a woman's body or comment on it...don't give it up on the first date, he'll never come back again...don't show public affection...

Whatever messages you got from your parents, they meant well. But do they still serve you as an adult? You might be surprised how many of your parent's admonitions have stuck with you – and how much they're cramping your style!

Try ditching one of them – even for just one night – and see how much freedom you feel.

I went out with someone who was extremely polite on our dates – so much so it was refreshing. He even stopped me on a New York City street before I'd stepped on some broken glass – he was that attentive. But when it came time to be intimate, that polite veneer was gone...thank goodness! The truth is, as much as I enjoyed his manners at dinner, they wouldn't have turned me on one bit in the bedroom.

Would his mother approve? Probably not. But what she doesn't know, can't hurt her. And I certainly won't be the one to mention it to her! And I'm sure that men have many of the same stories to tell. How much he enjoyed how classy, charming, and intelligent a woman was during their dates – and how grateful he was when she released her inner slut on him later.

There's simply a point where we have to let go of the messages and admonitions of our parents – and let loose.

But how? If you've held onto these messages all the way into adulthood, odds are you're not sure where the old baggage ends and you begin.

The best place to start is by making a list. Down the left side, write down whatever messages, hang-ups, admonitions, and other lessons you got from your parents. Then, along the right side of the page, rate them on a scale of 1-10. If you still believe it for yourself 100% -- rate it a "10" – but if it's left over and not a reflection of you or your value system at all, it gets a "1."

I realize this is a pretty analytical way to get at some fairly complex issues. But I'm willing to bet you get a few low-scoring items on your list. Those would be the ones to tackle first!

Let's say your mother told you that public displays of affection were disgusting...but you've always admired people who could be affectionate while they are out and about. A little hand-holding, maybe some kissing, or even a little (gasp!) petting under long white tablecloth of the dinner table is in order.

Like I said, she never needs to know! But you're sure to find a little freedom in casting off the old messages and trying as an adult what was forbidden as a teenager.

#5: Don't wait for a fight to have the make-up sex

My ex-husband and I never really fought...so I missed out on years of make-up sex! I'd heard about it, but never experienced it. And honestly, I thought it sounded pretty dysfunctional. Until my next relationship...

I think I made up for all 10 years of not having make-up sex in two! And I was partly right. As good as it was, it was dysfunctional. But the essence of make-up sex is worth saving, even if fighting all the time to get to it, isn't.

The driving force behind make-up sex is passion. And for many people, fighting with each other is the most passion they feel in their lives. But if you live a passionate, fully-engaged life – in all areas – you could be having “make-up sex” all the time.

Finding your passion in life is a key ingredient to starting a fire in the bedroom. Whether it's for your work...or politics...or sports...find the things that ignite your passionate side, and indulge in them regularly. Our ability to express passion in the bedroom – or the lack thereof – is always a by-product of how passionately we are living our daily lives.

There is one other ingredient, however, to make-up sex. It is the passion from the argument itself, *combined with the desire to feel close to our partner again afterwards*. Sometimes, having a passion for other areas of life doesn't translate to our relationship at home. It can even detract, as any workaholic's spouse will tell you.

Just look at the statistics on office romance – how people who are passionate about their work end up under the desk with their equally passionate colleagues, instead of home with their spouse.

To have the ingredients for make-up sex – minus the fighting – you have to be willing to share your passions with your partner, *and* have a desire to be closer to them and share this passion with them. It's like having the car, with no gas...the gas, with no car. Either way, you're not going anywhere.

#6: Be honest, even when it seems like lying would be better

This is a biggie. And it's a tip that seems obvious in the saying, and painfully difficult in the doing.

So rather than discussing the morality of honesty, let's consider instead the urge to obfuscate. I say obfuscate rather than lie because this is how deception usually starts. Rarely do we set out to lie intentionally to our partners and ourselves – at least not at first.

In fact, most of our lies begin as desires, wants, even needs. But they usually pose some conflict to our circumstances, or perhaps our idea of who we are and what we think is acceptable behavior. So we push them down...only to have them grow up like weeds through cracks in the pavement.

But they never really go away unless addressed.

I'll confess here that I once had an affair. Right out of a movie kind of affair – torrid, clandestine, the works. But for many months of this completely consuming liaison, we did not have penetrative sex – which was our way of convincing ourselves that we weren't cheating on our spouses.

I remember posing the question to myself at the time, “If I have an orgasm when I'm just thinking about him, rather than when I'm with him, is it considered cheating?”

I later realized that my whole perspective on truth and deception was critically warped. And that the lie that preceded the affair would have been the first thing to confess: I was done with that marriage (a brief first marriage in my early 20's) long before the affair began – arguably, I never should have gotten married in the first place, and I didn't have the courage to say so. Everything on top of that was simply fallout from the first deception – between me and myself.

If you start practicing the second tip in this guide – sharing your uncensored desires with someone else – it makes this tip a whole lot easier to abide. Allowing your desires to see the light of day – to blossom from being well-tended rather than ripped out like those weeds in the sidewalk – will allow honesty and all its fruits to bloom as well.

Most people advise being honest because “it's the right thing to do” – not me! I'm advocating honesty because it allows for deeper intimacy, better sex, more pleasure, and stronger relationships in your life. After all, this is the *Guide to Getting Off*!

Back to the lesson of the affair...yes, that connection was hot. And at the time, I thought the heat of it was partly because it was a secret. After all, secret sex is hot...and secret almost-but-not-quite-sex is even hotter...right?

What I've learned since is that honesty is hotter. Way.

Every single time I've taken the risk to be honest, either with myself or a partner, I have been incredibly turned on. Even if it ushered in tears, fears, and revealed all sorts of things that I thought would invite abandonment, anger, and rejection...the result was the big three: deeper intimacy, better sex, stronger relationships.

Everything *The Sensual Life* offers will reveal more about this tip – and give you ways to practice it in your life. For now, take baby steps. Choose honesty over deception, and then notice how you feel. It really does work.

#7: Notice things other people don't

How do you feel when someone appreciates your new haircut, or comments on an endearing habit you have...or even calls you on some of your negative behavior?

We all love being noticed and seen. In every single group, individual coaching session, and writing course I hold, the exercises where people practice their skills at noticing others are the ones that really heat up the room.

We live in a world of distraction. So much so, that many of us have shut down our powers of perception, just to survive the daily onslaught of stimulus. In doing so, we miss so much of the beauty, the small details, the sensual moments that are happening all around us, all the time.

It creates a deadness inside us, and an emptiness in our relating with others, that has most of us literally starving for attention.

The best way to increase your own turn-on – and the turn-on of everyone around you – is to start putting your attention on others. You can start out by making it into a game you play inside your head. With each person you encounter, challenge yourself to notice three things about them. The texture of their scarf, the style of their shoes, the color of their eyes.

Then, here's the kicker that REALLY turns up the heat. Comment on one of those three things – in a value-neutral way!

“I just noticed that your eyes are green with little gold flecks when the light hits them.”

Yes, people like getting compliments – so the first urge you may have is to tell them how much you like their eyes, scarf or shoes – and that's fine. But being noticed without any judgment – good or bad – is even more intoxicating to most of us. And very, very rare.

The reason many of us shy away from being seen – even though we so desperately want attention – is that we fear the judgments that often come with being noticed. The message you send when you notice people, and are willing to share what you notice in a value-neutral way, is that you have your attention on them, but you are not putting them through the filters of your opinions. When you can notice others without judgment, your attention becomes a nutrient – a drug even – that nourishes them.

And once again, the big three follow along: deeper intimacy, better sex, stronger relationships.

#8: Have sex even when you don't feel like it

So many of us have this one backwards, it felt worthy of standing alone as its own tip!

We wait until we feel “in the mood” before we even begin the dance of intimacy with another. But is sex the cart or the horse?

Our bodies are designed for pleasure – often it is our minds that resist. Activating your nervous system – with touching, caressing, kissing – is often enough to get us “in the mood.” Then, once initiated, sex releases all the chemicals the body needs to feel good.

I’m not talking about bypassing consent – or about coercion, guilt, duty, or any of the other means and reasons many of us force ourselves and others into having sex. That is an entirely different – and worthy – topic of discussion.

I’m talking about being willing to have pleasure, even in moments when it doesn’t seem like you want it. When you feel too busy, too stressed, too angry, too preoccupied, too depressed, too frumpy, too sad, too unattractive, too distracted, too tired – these are often the *exact right times* to have sex! But they are also the times that our mind says a big, fat “No!” and closes the door on the very possibility.

If this feels completely foreign to you – at least try it a few times to see if I’m right. Establish enough communication and safety with your partner so you can stop if you get started and find you *really, really* don’t want to. Let the other person know that you aren’t feeling it at the moment, but you want to see if you can jump start the “feeling.” This will help them know how to be with you, and will warn them that you may still put on the brakes. You may want to set up some agreement in advance so they don’t feel abandoned or resentful if you pull the plug.

Even better, make it playful. See if you can make a game out of it. Play possum while your partner pulls out all the stops – agreeing that you won’t respond until you feel it. This could be a hot game for you both. Or try being the “giver” until you feel ready to relax and receive. It depends on your energy. If you’re distracted with work or anxious about finances, channeling your energy into giving a massage or pleasuring your partner orally might be a good energy release. But if you feel a lot of stress or sadness, it might feel good to let your partner love and cuddle you up until you feel a spark.

There are many variations of sex and pleasure, and many ways to express love and intimacy. When we say we’re not “in the mood” we usually have something specific in mind. Instead of saying *no* to sex altogether, try saying *yes* but trying it in a new and different way that lets you be exactly where you are – but adds in some physical intimacy.

You might be surprised to discover that your body is programmed to respond to the signals of pleasure. As my favorite poem by Mary Oliver says, “let the soft animal of your body love what it loves.” Everything else will follow.

#9: Touch Every Inch of Your Own Body, Every Day

Touch, both giving and receiving, is the simplest and fastest way to connect with your body – and you don't need to wait for someone to be around to enjoy either one!

For lots of reasons – from embarrassment to body image issues to lack of privacy – many of us neglect to take time to connect with our own bodies. Not just sexually, to masturbate, but sensually, for more general pleasure.

Taking time every day – even just a few minutes – will keep you more in touch with what your body wants and needs. To appreciate what our bodies can do, enjoy the feel of our own skin, and explore the pleasure and wonders of physical sensation is a rich sensual daily practice...one that also makes you more likely to enjoy sharing your body with another.

Here are a few of the most natural times to incorporate some touching into your day:

- Try slowing down in the shower or after – perhaps add an application of oil or lotion to your routine if you don't already – and take time to really feel your skin as you're washing and drying off.
- When you first wake up, before you jump up out of bed, give your entire body some vigorous rubbing and massaging to wake up and stimulate the skin.
- For a more spiritual practice, before or after any exercise or yoga, take time to appreciate and give thanks for every part of your body, from head to toe.

#10: Breathe, Eat, Sleep

Your sensuality is an essential part of who you are – as much as the other basics: breathing, eating, and sleeping. Ignoring any of these essentials can take a toll on your feelings of health, well-being, and your ability to enjoy pleasure.

So, it seemed impossible not to mention the others here as well...

Breathing: We take our breath for granted, and indeed, unless we are sick or suffer from a health condition that restricts our breathing, it's pretty automatic. And yet, making an effort to notice your breath can take a simple, automatic act, and turn it into something much more powerful.

Try incorporating a few intentional, deep breaths throughout your day to relieve stress, spread your creative, sexual and sensual energy throughout your entire body, wake you up, stimulate your thinking, and get your blood flowing.

And if you can turn on some loud music and do some yelling and hollering on the exhale, all the better!

Eating: Preparing and consuming food is arguably the most sensual act we perform, aside from sex itself. Often, it is much more so! And yet, food and eating has become so *complicated*...

There is the politics of food...the carcinogens, additives, preservatives and over-processed nature of it...the issue of weight and metabolism...the fact that we eat to cover up feelings...the dieting roller coaster so many people live on...

Like everything else, the simple sensual act of eating has taken on an overwhelming amount of baggage!

For now, *The Sensual Life* says keep it simple. Pay attention to both what you eat – and how you eat it! Chew slower. Take time to explore the taste and texture of your food more. Notice how you feel before and after you eat. Feed someone else and let them feed you. Cook together. These are the very basics – simple acts of slowing down to get the pleasure of food, not just the function. You'll see. It will carry over into every other area of your life – without you even trying.

Sleeping: Sometimes we hide out by over-sleeping...sometimes we avoid it altogether, and bury ourselves in too much work, television, or computer-surfing until all hours. And our bedrooms become a repository for everything from bills to work to half-done projects to clutter – keeping us from being able to relax there – let alone sleep well or have sensual time.

The usual recommendation of 8 hours a night isn't exactly the magic bullet for everyone...but each of us has some optimal amount of sleep that we need in order to be alert, healthy and turned-on during the times when we're awake. Find out what yours is...and then practice getting it every night.

And reserve your bedroom for the 3 S's only: Sleep, Spirit (such as meditation or other spiritually nourishing activities that require quiet contemplation), and Sensual time *only*.

Living A More Sensual Life... Starting Today

When I first started this journey, I had to go through a lot of steps to feel more sensual. Get dressed up in certain clothes, wear make-up, show some cleavage, feel on top of my game.

Today, I'm writing you in big, fuzzy pink slippers, hair wrapped up into a bun on my head, and three layers of sweatshirts because it is the dead of winter and my office is the coldest room in the house.

And yet, I feel as turned-on as I've ever been in my life.

In fact, I recently attended a party with a date that was not going well at all. I already knew it would be the last date I would have with this person. Later, I had someone tell me he had no idea the date wasn't going well. He said I was "positively glowing" that night.

Feeling and expressing my sensuality has become as natural and automatic as breathing, eating and sleeping. It is no longer something that is stirred in me by outside forces – what I'm wearing or who I'm with. Rather, it is simply who I am in every single moment.

This is the invitation I extend to you, as well. Live a sensual life. Without embarrassment, shame or apology. As if it's your birthright. As if the Declaration of Independence said "life, liberty and the pursuit of *sensuality*." As if it were as important as breathing, eating and sleeping.

Starting with the tips in this report...and going further than you ever imagined. Enjoy deeper intimacy...better sex...stronger relationships...more pleasure.

It's all waiting for you. All you have to do...is say "yes!"

About The Author



Monica Day is the founder of The Sensual Life.

Through her writings, courses and retreats, private coaching practice, events and gatherings, and in everyday life...she creates safe spaces for people to explore, experience and express their sensuality.

She has spent the last 18 years as a writer, trainer and facilitator in areas ranging from personal growth and awareness, sensuality and sexuality, communication skills, and relationship dynamics.

She is committed to sharing the tools of deeper communication, the turn-on of sensual awareness, and the practices that arouse greater freedom, awakening, love and spiritual connection.

Monica splits her time between Philadelphia, where she is raising two beautiful daughters with her former spouse and co-parent, and New York City, where she is active in various communities that explore sensuality, intimacy, communication and other opportunities for relating to the self and others through this core part of our being.

You can reach Monica by email monica@thesensuallife.com, and also, follow her blog and learn more about living a sensual life on her website, www.thesensuallife.com.