

LOVE BUZZ

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MAKING THE PLEASURE LAST LONGER

How much thought have you given to your sex life? You're not 20 anymore and lasting longer and extending the pleasure could take some work. Men want to last longer while women want to have stronger connected orgasms. There are many reasons for a decrease in the pleasure zone. As we grow the body changes and the nervous system can sometimes weaken. Your emotional and physical history is a reflection as to the way you grow into your sexuality. A healthy sex life has become a prime topic for healing and transforming these days. This is why tantric yoga is on the up rise. The technology age has caused the body to suppress and lose its natural stimulation of the senses. Research has it that some people are losing the desire for sex as early as 50 and as young as 30. In other words their spiritual passion is stuck or lost. My parents are 80 and still have an active sex life. They don't own computers or cell phones nor do they go to the gyms and they are not vegetarians. I keep telling them they are old fashion and need to grow modern. Go figure. Too much physical working out can decrease ones sexual desire. Balancing out the physical gym workouts with sensual healing techniques can increase the value of your sexual body. Some of us can overdo our workouts. Physical workouts are a great way to channel anxiety and the sexual energy so that the body balances. Too much of anything is not good. Another important factor is touch and consistent touch along with compassionate intention. This is most important in channeling the senses to stay open. People really don't understand the senses and how they rule the body and stimulate the right and left brain. Senses can easily armor. The senses involve touching, hearing, seeing, smelling and tasting. When our senses are shut, the passion for life gets suppressed. For example when we eat a meal, do we feel the taste of the food or is the food good in the brain. If you're not feeling the taste of the food in your body (and we know how good food is and how we like to eat) then your senses need work. I once went to an eye doctor and while he was checking my eyes I had mentioned to him that I see with my whole body not my eyes similar to a blind person who can activate the senses because this is all they really have. Cats have a hearing range of 100 to 60,000 hertz while humans have an olfactory membrane of about 4 sq. cm. In tantra the sense of smell is determined by the root Chakra located at the base of the tail bone. If this area is open and stimulated then your sense of smell will be very present. Women have a higher sense of smell than men because they give birth and this muscle/gland opens. Spiders have eight eyes. How much can you see with

your eyes or do you limit what you take in? Fish have 100,000 taste buds and humans have 10,000; but if we are suppressed or depressed then our taste buds shut down. This is why people eat out of habit and they are not even hungry. Pleasure can be very simple if you understand your senses. Here are some tools to work with in bringing back the pleasure in your sexual life.

- 1) Keep in mind that the sexual energy and the energy of the body need to connect as one. This can be done when you activate your senses.**
- 2) Activate the senses one by one. You can start with the sense of smell. For a week buy some pleasant smelling senses for the home and experiment with smelling different foods, flowers, incense and so on. A physical exercise would be: in a standing position with feet planted on the ground begin to move and undulate your pelvis symmetrically and asymmetrically with your hand on your tail bone.**
- 3) The next sense is taste: Use your tongue to taste whatever looks good such as good foods and desserts and also use your tongue to lick your partner's body in the hot spots. Lick behind the ears, the lips, the neck and the thighs. Experiment with that.**
- 4) The next sense is hearing: Sit in a quiet space and listen for any background sounds that may be present. Sharpen your listening skills by allowing yourself to hear what your partner is saying without talking. This requires focus. Practice asking your partner what you want and what you appreciate about each other. When doing this, one listens and one talks. Receive whatever each other says.**
- 5) The next sense is seeing: Wear something sexy or outrageous for your partner. Change your hair style on occasion. Allow your eyes to feel the passion of your partner. The eyes are the secret to the soul. We take in a lot with the eyes. Make eye contact with your partner as often as you can. Soul gaze into each other's eyes.**
- 6) The next sense is touching: Take feathers and or light hands and play around with giving each other those sensual, soft body caresses. Touching the body softly is different than a regular massage. Later you can add the massage. Be conscious of balancing out the giving and receiving touch. Start to hug each other more often.**
- 7) Another exercise is breathing to add to all of this. Lie down and place your hands on your partner's chest and belly and allow him/her to breathe deeply in and out of the mouth several times. Add pressure to the touch.**
- 8) Take on a balanced exercise program such as cardio and aerobic and balance it out with something spiritual such as yoga or tai chi. Join recreational activities and group sports.**

These things are best practiced on a regular basis until they become second nature. Keep in mind this will take time and devotion. The pleasure is right there just waiting for your acknowledgement.

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