

Understanding Your Sexual Needs



In these days of Internet and information explosion, sex is viewed as less of a taboo compared to 10 or 15 years ago. Yet we are still bombarded with mixed messages regarding sexual behavior. Simply turn on the T.V. and you'll discover anything from sexually explicit material to the unrealistic fairy tales of how life is supposed to be, the perfect partner, the peaceful existence and/or offspring running down the meadow after Sunday mass. Adding to the confusion are many religious views of sex as something to be controlled, used wisely, modestly and not talked about and for some given up all together.

History is a fine example of the way sex was and still is at the center of the arts, and took many shapes sizes, and definitions. On one hand history tells us about what happened to all those nations that witnessed their moral decline and detriment and on the other it is a romantic prelude to a long and ever lasting happy life. So, from the Ancient Egyptians and their self indulgent sinful acts, to the Romans and their glutinous sexual experimentations, to the Karma Sutra in India and their teaching of how to perfect a sexual act, and Salome and her tantalizing beauty that lead to the beheading of John the Baptist to today's sexual explosions on the internet, television and both the written and broadcasted media are stories of how devastating the use of our sexual needs and influences can be on us and others.



Religion has had a tight control of those sexual tendencies that are only meant to be channeled to preserve Mankind and used wisely and modestly. The greatest sacrifices are of those who gave up their innate sexual desires for a life of solitude and self-denial.

The same media that brings us pornography brings us love stories of Cinderella and her prince charming, a Shakespearean love devoted to one and only one person, a romantic window of spiritual fulfillment and peaceful existence, and a generous life full of healthy off springs running down the meadows after Sunday Mass.

The "Do's" and "Don'ts" of what proper sex should be has lead to many personal interpretations and misrepresentation of this tremendous gift that

we have been given. It is no wonder many people today are still afraid to talk about sex and express themselves freely.

Let's be honest, sex is powerful stuff and an important force in life.

It has the power to consummate and strengthen a relationship or destroy it. The various interpretations of what is proper and what's not have led to many misrepresentations of sex. Sexual desires are something we need to understand and channel properly to optimize the rewards.

Sex is erotic energy. It's much more than an act. It's a vital part of living.

We've become so disconnected from our bodies, hearts, souls, spirits, one another and the Divine; thus losing touch with many pleasures and experiences life has to offer. Sex is one of the most wonderful experiences of human life. This is the life force of Creation itself. This is Divine energy especially when used intelligently and channeled into love, romance and creative pursuits that add to the beauty and abundance of life.

Many people have been in a relationship that was both emotionally and sexually fulfilling, and then they started to realize that their sex life started to fade and become dull, monotonous, and hurried. They may have also felt frustrated trying to juggle many responsibilities, as well as keeping their spirits up, and when they get to their bedroom at night, the last thing on their mind is having sex with their spouse or partner.

Sometimes Sex is done out of guilt and obligation rather than for fun, relaxation and the pleasure that one receives from it. Other times, someone might have sex just to stop a nagging, scolding partner only confusing his/her daily stresses with the lack of love, care and passion. Often times, those feelings will build up and fester slowly to become resentment and plain rebellion against all those things that brought them together in the first place.

Some might feel deprived in what might be a sexless relationship, and they struggle trying to understand or come up with an explanation to the lack of intimacy in their relationship, and they find themselves either living an unhappy sex life or seek outside the relationship for fulfillment.

Many couples try to work things out on your own, but soon fall victim to the same exhausting life style that got them there in the first place. Unfortunately, after a couple of tries many couples find themselves separating, getting a divorce, or staying in a marriage with very little sexual satisfaction.

People who have repressed sexuality are most often affected in other areas of their lives.

It is hard to be joyful about watching a sunset or kittens at play if you aren't joyful about your life. By breathing life into one, you breathe life into all of it.

The desire for sexual expression is inborn and natural. It is vital to



embrace this beautiful, natural and expressive side of us. It is just one of the many multi-faceted ways Divine energy is expressed. This is contrary to how many of us have been taught or learned about sex.

Have you ever considered using a sex coach? Sex coaches can teach you and your partner how to improve your communication with one another, how to filter out the extraneous noise in your life and give you a healthier and more rewarding sexual expression. A healthy sex life has a positive impact upon all areas of your lives including your family, work, colleagues and friends. As a part of a happy couple, an individual will experience greater self-esteem and renewed pleasure.

You deserve the best life has to offer and that includes a beautiful and wonderful sex life!

Deliese Eros
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Deliese offers coaching for sexual issues and concerns working with couples and individuals. She pinpoints the underlying issues causing an imbalance in your life, which can lead to lack of sexual desire and satisfaction. She guides women, men and couples in exploring aspects of sensuality and sexuality that include healing sexual ruts, improving communication skills, freeing inhibitions, limiting beliefs, and sexual techniques through education and instruction. Her goal is to assist you in personal development and to inspire your erotic self.

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