

4 Ingredients for Sexual Pleasure

The basic ingredients for sexual pleasure come from within you. They do not involve a partner. The more you know, love and pleasure yourself the more sexual pleasure you will be able to enjoy in general.

These core ingredients are:

- Self-knowledge
- Self-love
- Self-image
- Self-pleasure

Let's look at these individually and see what you can do to enhance the components of your lives in order to create more sexual pleasure.

Self-knowledge

Self-knowledge is about knowing your body, how to take care of it, and how to identify its needs, wants and pleasures.

Taking time and getting to know how your body operates is the key for creating maximum pleasure.

What gives you energy? What makes you happy? What are your hot spots (places on your body that gives you pleasure)? Getting to know yourself will empower you and it's fun.



Here are a few ideas on how you can get to know your sensual and sexual self:

- What do you love, don't particularly like and are neutral about sexually?
- What turns you on visually, what turns you off?

- What sounds or words do you like to make or hear when you are being sexual?
- What smells get you excited, which ones turn you off?
- What tastes are yummy when you are sexual, what doesn't taste good?
- What flavors (foods, lotions, oils) would you enjoy using to enhance smell and taste?
- How do you like being touched? What is too hard and too soft?
- Where do you like being touched? You can explore your entire body and find all the hot spots.
- What kind of movement do you like? What is too fast and too slow?
- How do you want your partner to look, smell and taste?
- Do you like to share fantasies?
- Do you like to act out some fantasies?

Self-love

Self-love includes self-respect, self-esteem (your opinion of yourself), self-worth (how much you value yourself), and self-protection (caring about yourself and protecting yourself from pain or harm).

A sex positive attitude is built on self-love and self-respect. Loving and respecting yourself leads to happiness, health and success, as well as loving and respecting others. Loving yourself also means taking responsibility for your actions and protecting yourself from harm.

Acting in a kind, loving respectful and responsible manner towards yourself sends a message to your subconscious that you are worthwhile.

This positive message about who you are, directly affects your beliefs and of course, your sexual behaviors and choices.

Self –Image

Your self-image is how you see yourself. This image may or may not be based in reality. Working on establishing powerful core beliefs about yourself is the first step to a great self-image.

Your body image plays a critical part in your pleasure, especially in sexual pleasure. How you see yourself, whether it is accurate or not, usually will determine how you are sexually (especially with a partner) and how much pleasure you allow yourself to have.

You may know someone with a great body who thinks they are too fat or beautiful woman who believes she is ugly. And, you may know someone who is neither beautiful nor fit and that person may be happy with themselves and their looks.

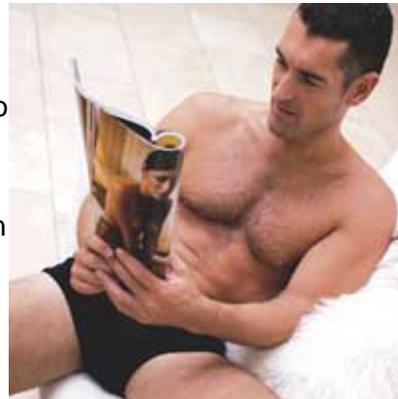
Here are some suggestions for you to help change your body image:

- Work on your core beliefs.
- Start with the body you have – love it, pamper it, and make it into the healthiest, fittest body you possibly can.
- Make a list of what you like and don't like about your body. Change what you can and accept and love what you can't
- Visualize yourself as a unique work of art with each little line on your face or physical imperfection adding to that uniqueness.

Sexual Self-Pleasure

It is important to give yourself sensual and sexual pleasure. Taking time for yourself and pampering yourself builds your capacity for pleasure and increases your ability to receive pleasure. Allowing your body to enjoy heightened sexual pleasure helps you to progressively go beyond your pleasure limitations.

In order to do this, it is important for you to create a special time and safe space to explore your body and learn to give yourself pleasure. You need to make “pleasure appointments” with yourself. An hour a day is optimal but anytime you have, even small increments of time – 10 or 15 minutes, several times a day is great.



Many people don't realize their sexual pleasure starts with themselves. Get to know your body and what brings it pleasure. Love who you are and treat yourself right. Appreciate and love your physical temple for it is the only one you will have. Pleasure yourself, you are a sexual being and it is

your birthright to enjoy this great nectar of life. You are your best lover and learning to be so, will only make you a great lover to your partner

Deliese Eros

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Deliese offers coaching for sexual issues and concerns working with couples and individuals She pinpoints the under lying 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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