

Do you want to have more sex? If so, you are not alone. Statistics report that:

- 44 million Americans are mired in low-sex or no-sex marriages
- 67% of all American marriages end in divorce (Gottman)
- 75% of couples are dissatisfied with their sex lives.
- 66% of American women do not experience orgasm during sex
- Most people experience less than 10% of their pleasure potential
- If you say no to the last one, then, what percent of your pleasure potential are you experiencing?

*I propose that you take one day...just one day...and  
Experience your pleasure principle.*

“Great love making happens when:

- You have created a safe space in which you can let go and open your heart
- The woman feels her man’s presence and commitment to her well-being
- The man feels his woman’s openness and acceptance...”

Most of us want great sex; really, do you want mediocre or bad sex? I stopped being surprised at how scared people are about sex. They want it, more of it, or better...yet too few people even know the steps to take in the first place. We become too busy...with children, or work, or ‘living our life’ without inviting this great pleasure into our lives much more often. We don’t take the time for a romantic weekend or time to try new things. Or for many, it is the truly seeing and being seen (Passionate marriage) in the intimacy that true erotic sharing entails. Shyness prevents us from showing ourselves freely in front of the other person and hinders us from fully cultivating our erotic pleasure.

Here are a few secrets to improving your relationship, what YOU can do to enjoy each other more, and of course, suggestions to increase the connection with your partner, increasing trust in each other, and truly enjoying the magick of deep connection.

1. ***Take care of yourself: What do you to insure your own emotional, spiritual, psychological and physical health?*** Some people have these ‘actions’ programmed into their life, most people do not and need to first make conscious decisions, make concrete actions and MAINTAIN these actions to continue to take care of one’s self. Taking care of yourself will also be different depending on what level of self understanding you have, what you consider valuable, and what you consider your [personal success](#)
2. Make your relationship a priority. This means taking the time to continue to connect with your partner... What feels good to you? What feels good to your partner? And really, this is a time to be clear about what you want! If it is coming home from work and greeting each other with a kiss, to spending most evenings

- together in activity... What feels good to you is important (if you have trouble with this, please refer to my [article](#))
3. Communicate honestly, create trust and [authentic relationship](#)
  4. 5:1 Ratio. The 5:1 ratio was coined by the famous relationship expert Dr. John Gottman. In his research, he revealed that couples that are happy have a 5 to 1 ratio of positive communication and interactions to each negative communication or interaction. Put simply, be nicer, love, be appreciative...and do so verbally. And in 'truly human coaching' form, I recommend building a nice reserve of great experiences every day.
  5. Learn Tantra: This is a personal favorite for many reasons. Tantric teachings point us to enjoying the present, attending to our senses and finding our spiritual self through the honoring ourselves and our partners as the great spiritual beings we are. For some it is a pathway to increased intimacy in their daily lives, for others a path toward personal and spiritual growth.

So what is sexuality?

Sexuality, generally speaking is how people experience or express themselves as sexual beings. Michel Foucault wrote in "The History of Sexuality" that the concept of what activities and sensations are 'sexual' is historically, regionally and culturally determined. He goes on to describe such 'sexual meanings' as social and cultural constructs open to a wide variation of subjective meanings and experiences. In other words, our sexuality is what we have been taught, what we believe, our thoughts and feelings and how we express this (or not) as sexual beings.

Often we overlay our sexuality or sexual energy with layers of parental and societal programming, guilt, shame and fear. What is right and what is wrong, not only in our outwards behaviors but inviting shaming and shutting down of our internal desires, our dreams of pleasures, shut down before given their rightful space to blossom.

I encourage each and all of you...open up to your desires, let yourself imagine all the pleasures you desire! I invite each and all of you to explore what feels good (in every area of your life)...weed the garden of your day of all that you tolerate, of all you put up with, of all that does not feel good....weed your garden and give your desires a place to blossom...

Interested in how to create more enjoyment in each and every one of your days? [Contact me](#) for a sample of my truly effective coaching and have more pleasure in your life!

Oh, and for those of you more comfortable talking with the female gender about such things, please do visit my wife's website at [www.radiantstarcoaching.com](http://www.radiantstarcoaching.com) or contact her directly at [Connie@radiantstarcoaching.com](mailto:Connie@radiantstarcoaching.com)

Would you like some words to share with your loved one? Here are a few I shared with mine:

The morning sky begins the dance,

the sun burning bright

It's radiant light intensifying,

the joyous magnificence

ever expanding...

You...your radiance

Your energy

Your beauty...

Your innocence...

a mere echo in the universe...

loud enough...

to wake the God's

and invite the angels

in their lustrous beauty

sharing their gentle glowing light

in you...and your beautiful smile