

Eroticism: A Welcome Valentines Gift!

Eroticism... mmmmmm... the word itself brings up images, fantasies, feelings. What is eroticism? Where does it show up in our lives? What is 'erotic' for each of us?

David M. Schnarch, PhD in his landmark work "The Making of the Sexual Crucible" defines eroticism as "*the pursuit and delight of sensual pleasure*". According to Schnarch, "*Eroticism and passion are the missing ingredients for the vast masses of sexually functional people who never experience the full impact of their sexual potential*". So, which one of you is at their limit of your sexual potential?

Words such as hedonism, tantra and eroticism have gotten a bad rap in our "puritanical let's not talk about sex and pleasure in our society attitude". Funny, during a discussion with my 16 year old daughter, she pointed out the irony of living in a culture that advertises sex wildly, with a billion dollar pornography industry, but we 'can't' talk about sex.... Very observant girl she is. So why is it so many folk just don't talk about eroticism? This truly human component of our being...is it really so wrong? Really?

Our notions of eroticism and our 'judgments' of 'ok and not ok-ness' come from our family, our teachers, our culture. Generation of generation of spoken and unspoken rules and beliefs, many of which are below our everyday level of consciousness, yet at the same time driving our thoughts, feelings and behaviors every day! What were your families' messages about sex? About physical pleasure? Like many families, such things were not talked about, they were not named. Physical pleasure, sex and eroticism were considered taboo topics... So, where does that leave us? As it is with so many things... I ask the question...

What do you want?

Are you interested in connecting with more of your sexual potential? If so, you are like so many people who shy away from this source of spiritual and emotional greatness. This source of primal energy that stirs one's soul... yes... primal energy stirred by our creative energy!

With Valentines Day just around the corner, many a folk are wondering what to get their sweetheart. What about a great taste of eroticism? Sound too far out, maybe, for many... and then for others...its one of the greatest places of play and pleasure! This Valentines Day, (well, every day! Valentines Day is just another great reason!) Celebrate with your lover, your partner, your husband or wife. Communication...intimacy... honest open communication is the key... and your combined pursuit of pleasure!

Contact Jim on how to create more intimacy and joyous communication in your relationship at jim@trulyhumancoaching.com.... (And more eroticism!)