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LOVING

A solution to sexual desire differences – Get your head in the game and your body will follow.

“One of us wants sex more often than the other - what should we do?”

Do you have a frustrating pattern where one of you initiates, the other rebuffs, and love-making simply doesn't happen? Well, you are not alone. “When I want sex my partner turns me down” is the most frequent sexual complaint I hear. Even happy couples who have plenty of friendship, cuddling and humour can struggle with the issue of one partner “not being in the mood”. Despite trying to light a sexual fire, the sparks don't fly. After a history of incomplete passes the two of you may even avoid initiating sex. After all, if one of you is simply a more sexual person than the other, there is no way to fix that. Right?

Wait a minute. I have good news. Your sex drives may be more similar than you think. Sexual arousal is a complex phenomenon, and some people simply need longer to warm up and get ready to play. The problem may be that you get turned on in different ways, and you are not taking enough time to let the slower-to-warm-up partner get hot. Once you understand this, you can modify your seduction rituals to meet both sets of needs. In other words, this is a solvable problem. Learn how to coordinate your two desire styles and change a no into a maybe, and a maybe into an Oh Yes!

{ A solution to sexual desire differences }

So if you want to improve your sexual life, I have an excellent exercise for you to practice. It is deceptively simple, and it can radically increase the frequency of your lovemaking. Are you ready for the instructions? Okay, here it goes.

Never say **"I'm not in the mood"** ever again.

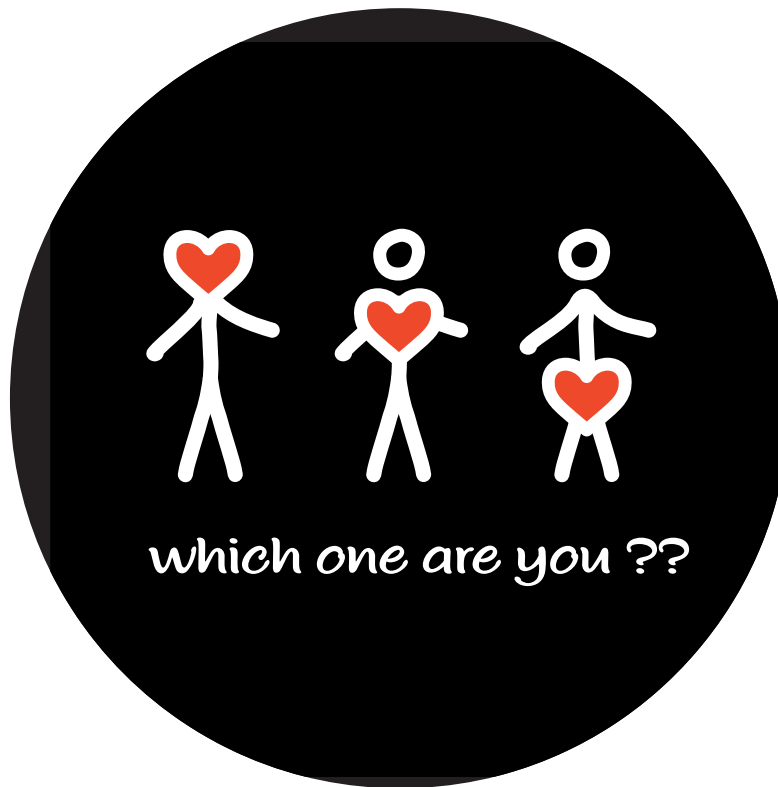
Now wait a minute - I don't mean the partner who doesn't feel aroused should just give in and have sex. Not at all. I am simply suggesting that getting "in the mood" may not be as difficult as you think, if you follow these steps.

For many couples, refusing sex has become the automatic response to an amorous pass. Does this scenario sound familiar? Your sweetie approaches, feeling frisky, and kisses the back of your neck. You are in the middle of balancing the chequebook, and a little afternoon delight is the last thing on your mind. So you rebuff your partner, saying "I'm not in the mood". Of course you are not in the mood, you are thinking about banking! (And even accountants don't find that sexy). But here is the big problem...the buck (ahem) stops there. Game over. Your lover feels rejected and annoyed, and you feel pressured and annoyed. Yikes, not a good recipe for lovin'.



But wait a minute. If your partner snuggles in while you are balancing the chequebook and says "hey, do you feel like going for a hike?" or "how would you like to watch that episode of The Voice we've been saving?" I'll bet you don't say "I'm not in the mood". Instead you are more likely to say "hmmm, I'm not sure right now, give me a few minutes to finish this and let's see."

So what is different about sexual offers? Why are opportunities for lovemaking shut down, while hikes or TV are not? Well, too many people believe that if they are not feeling aroused in this exact moment that means they don't, and won't, want sex a little later. Sheesh, what a silly idea. Sexual arousal is a multifaceted thing. Just because you are not aroused right now doesn't mean you can't warm up in a short while. But by saying no, that possibility is cut off. You don't even give yourself a chance to transition into arousal and catch up with your partner.



{ Find a your path to passion }

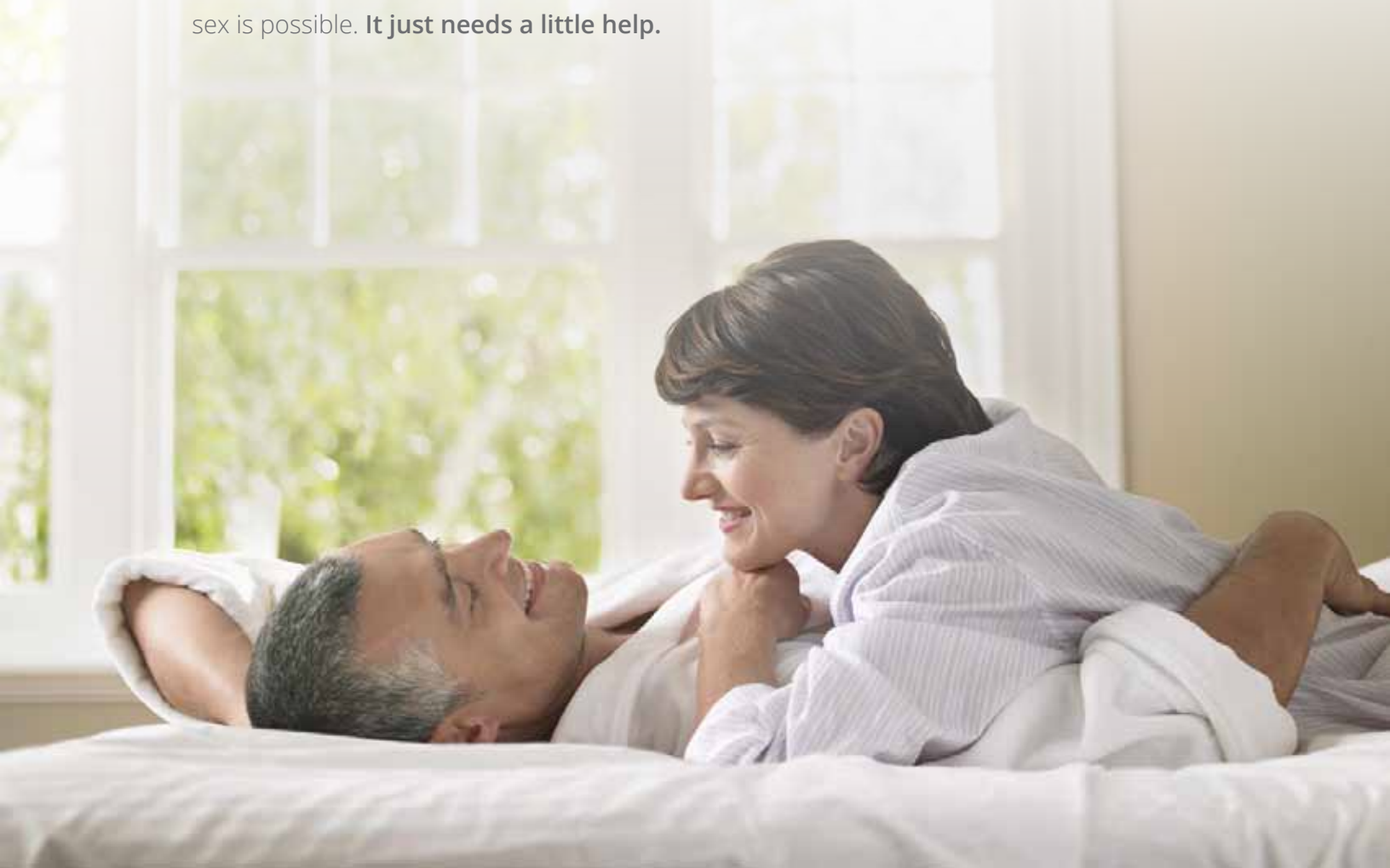
What does it take to get you ready to hop into bed with your paramour? If you are feeling neutral, how can you warm up and become turned on? Well, sexual arousal (getting horny) can begin in your head, heart, or body. If you are primarily a head type, your turn-ons will be psychological. You may think romantic thoughts, create erotic fantasies, or simply visualize kissing or licking your partner. As your mental mood becomes aroused, your body heats up and follows suit. If you are primarily a heart type, your turn-ons will be romantic and relational. You may think about how much you love and appreciate your partner, and how much you want to merge with them. As your heart opens, so does your inner lover, and your body is ready to make love. If you are primarily a body type, your turn-ons will be physical. You may experience a rush of heat and the beginnings of an erection or vaginal lubrication. You feel sexy, your mind catches up, and you are ready to go.

So revisit the scenario of your partner wanting to make love and you're "not in the mood". Your head is not feeling sexy, your heart is not currently deeply connected to your mate, and your body is not aroused. So you're not horny! You are thinking about paying bills, not going down on Bill. Fair enough. So you are not going to get immediately turned on. You need to change your mind first, open your heart, and let your body be available for arousal.

{ Some idea to help you get in the mood }

Hence my solution. Never say “I’m not in the mood” ever again. Instead, say “hmm, I’m not sure. Give me a few minutes and then ask me again”. Finish your non-sexy tasks and then take some time to mindfully turn your head, heart and body toward making love. Use your head to create desire. Connect with your heart. Allow your body to slowly become aroused.

If it is difficult for you to switch gears from daily life to bedroom romping, invest a little time in your love life and deliberately transition from work to (fore)play. Take a hot bath or shower to relax your whole being. Fantasize about nibbling and licking your partner. Think about how satisfying and fun it will be to make love. Relax with some deep breathing and focus on opening your heart. Recall some loving acts of kindness between you and your sweetie. Begin caressing yourself, teasing your body until sexual passion begins to awaken. Turn your body on. Then delight your partner by cashing in that sexual IUO. You will both reap great rewards from the investment of preparing for passion. After all, great sex is possible. **It just needs a little help.**



For a complete teaching on how to create passionate relationships, check out the Mindful Passion home-study audio workshop. Visit drcherylfraser.com for more information.