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Healing Through Pleasure

“Twenty-Two Proven Tips for Enhancing your Love Life”

By: Dr. Felice Dunas, PhD

We all need more love in our lives. The best way to turn your sexual experiences into loving experiences is to improve your sexual skill level. Through the mastery of skill, sex becomes lovemaking. **This basic idea, that more skillful sex creates more pleasure, which then creates more love, is important for having a successful relationship.** Remember that every time you bring a new skill into the bedroom it is best to practice it several times, as skills require repetition. Everyone is clumsy the first few times. Have fun exploring these suggestions for more pleasurable, intimate lovemaking!

THE “TO DO’S” FOR WOMEN

- 1) Do learn to respect your body’s sexual readiness. If your body is not aroused enough for sexual activity, let him know. It is even more important to let yourself know. The pace at which your body opens is sacred and worthy of patience and respect. It may open slower than his body. If you are ready for sex before he is, or are finished before he is, that is also to be respected.
- 2) Do bear in mind that beginning the sexual act needs to feel safe for you. Being on the receiving end initially can be frightening. Make a point of developing a long term trust with your man so it is easier for you to feel emotionally and sexually available when he initiates. This is a joint project but is primarily your responsibility.

- 3) Do let him know when you want to make love with him even if he is busy with other things. Just opening that dynamic is healthy for you both. There is no greater aphrodisiac for a man than to know that his woman wants him! Use your Yin energy to convert his state of mind into a sexual one. Get seductive. Be honest about your needs and empathetic about his if he honestly feels too much work pressure to be sexual.
- 4) Do expect that you will need to teach him how to make sex work well for you and enter the sexual act with that in mind. The best time to help him become our romantic hero is when you are relaxed and alone together though not necessarily in bed. Try a private dinner with candlelight to share the secrets of your desires and fantasies.
- 5) Do allow yourself to take on the YANG (assertive and initiating) role in the sex act, thus trading responsibilities with your man. It will help make sex very exciting. Men love being invited into sex by a hot-blooded partner even if the roles change later on.
- 6) Do participate in the level of sexual expression you can truly enjoy at any given moment while appreciating that it is your man's job to help you stretch into new sexual territory.
- 7) Do give him feedback so he knows how to give to you more effectively.
- 8) Do let him know what you like about his sexuality and how he shares it with you.
- 9) Do confront him if he is avoiding intimacy by avoiding sex or vice versa.

- 10) Do let your man fix what is bothering you about your sex life, if he can. Men love to fix things and they are generally very honest about loving sex. Present the problem to him in a manner that helps him feel he can fix it. He is not the problem, a certain activity or behavior is. He can more easily change a behavior or activity than he can change himself.



THE “TO DO’S” FOR MEN

- 1) Do respect your desire to be sexual and create a life for yourself and your partner that supports a good sex life.
- 2) Do increase your own artistic ability as a sex partner no matter how skilled you feel you already are. Just as business must continue to grow to be successful, so must your sexual skills. Listen well when she tells you what she likes. Listen really well.
- 3) Do continue to initiate and watch her reactions carefully so as to increase the effectiveness of your initiation.
- 4) Do listen to what she has to say even if it sounds like criticism. It is food for growth. Teach her to give you suggestions in a manner you can work with and not feel criticized by. Tell her how you need her to communicate with you so you feel inspired and not torn apart.
- 5) Do allow yourself to take on the receptive role in the sex act and thus trade responsibilities with your partner. It will help you empathize with her and can make sex very exciting. You may be surprised with what happens to your sex life.

- 6) To learn more about how to utilize sexuality to improve the quality of your life, check out "Passion Play": Ancient Secrets for a Lifetime of Health and Happiness through Sensational Sex.
- 7) Do let her know what you appreciate about her sexuality, her looks, her actions and her efforts in every aspect of your life together.
- 8) Do confront her if you feel she is avoiding sex to avoid intimacy or vice versa.
- 9) Do let your partner know if you are hurting as a result of her actions (or inactions) regarding sex. Share your pain while keeping the blame out of it and let her nurture you.
- 10) Do be creative, very creative. Surprise her with something new and different in bed as often as you dream it up. Let your daydreams be about new sexual activities you can do together.
- 11) Do begin making love to her with your words and gestures hours before you do so with your body. This way her feminine energy, YIN, will be more aroused when the time comes.
- 12) Do let her know what you want sexually. If she doesn't know how or doesn't feel comfortable, help her take one step at a time toward your desired goal. Be patient, but persistent.

To improve your sexual health, remember to have fun with your sexuality! Allow yourself to let go, and work on whatever may be standing in the way of being truly present and vulnerable with your partner. Sexuality, when respected and practiced, can lead to incredible pleasure, deep intimate connection, and improved physical health. Remember to play on your journey!

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