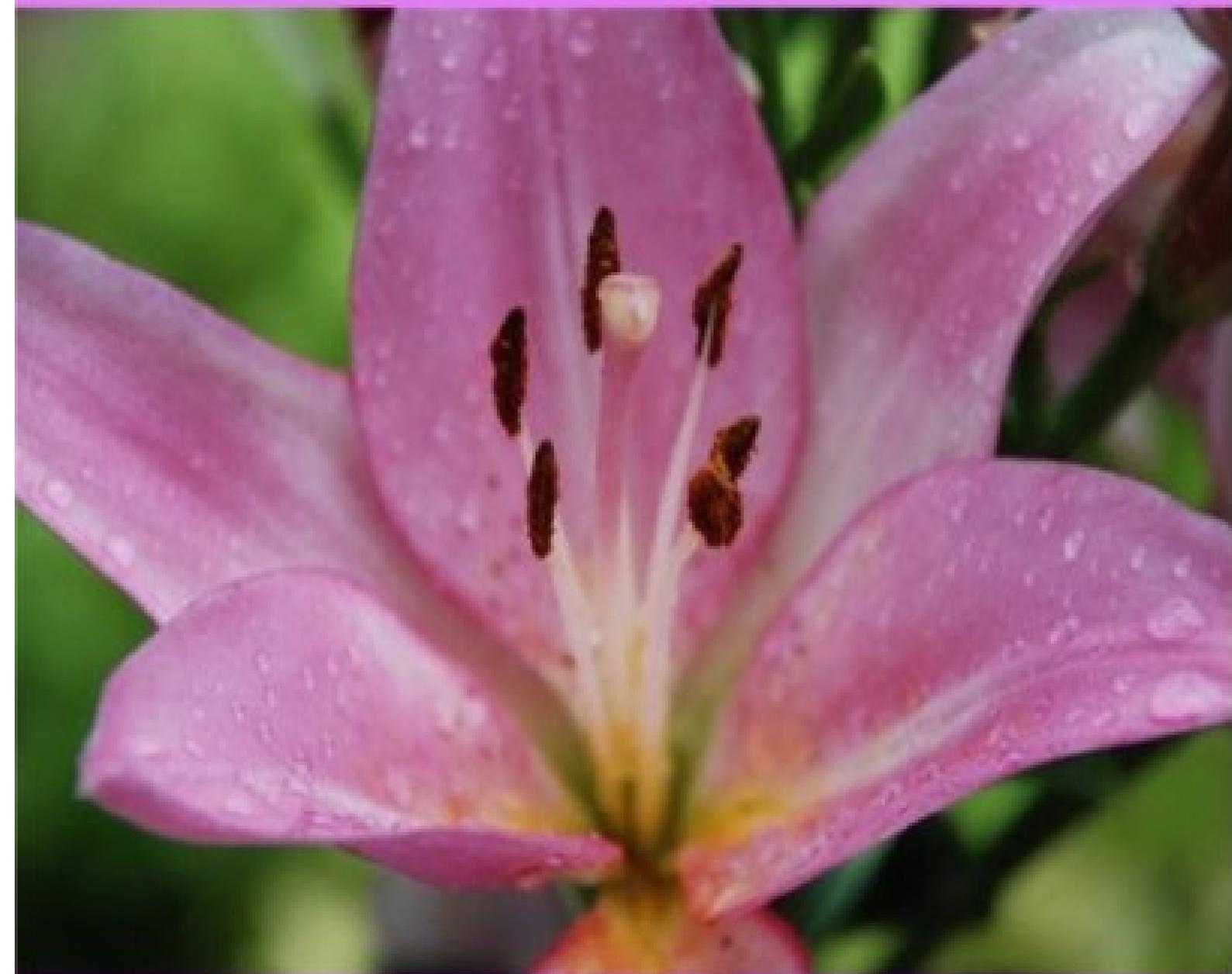


Gentle Hints for Lovers



by

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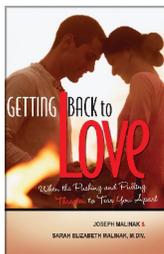
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Getting Back to Love is the **only** book on the market to address the unique dynamics that exist in the most prevalent kind of romantic relationship today: that between mama's boys and daddy's girls. It gives you everything you need to know to be able to create the relationship you desire, rather than the one forced on you by circumstance. Learn more at www.gettingbacktolove.com.

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Dedicated to lovers everywhere...

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Introduction

Gentle Hints for Lovers is an invitation to a shift in consciousness that allows sexual energy to flow more freely, so that lovers are more available to each other physically, mentally, emotionally, and spiritually. Though it will improve your love life, reigniting the passion if you let it, it isn't a sex manual. It was written to address a need created by the casual nature with which we approach sex these days. Its title is Gentle Hints for Lovers because, rather than filling it with rules, it is full of suggestions, advice, hints, and clues for making your relationship the romance you desire.

Throughout this book, I refer to your romantic partner in a variety of ways: as spouse, lover, partner, romantic partner, and beloved. While the intention for this book is to assist those in committed, monogamous relationships, if you are single and are anticipating attracting your soul mate or life partner, the suggestions found here can create a foundation for keeping the passion alive once you two find each other!

Chapter 1 shares how our casual approach to lovemaking has affected our romantic relationships. This understanding gives you a frame of reference from which to make the most of the suggestions, advice, hints, and clues held within its pages. It allows you to open to the possibility that a shift in consciousness is possible and that the shift will make a difference for you.

Chapters 2 – 12 are divided by topic so that you can easily navigate this book to your own best advantage. Reading each chapter and experimenting with the ideas is what allows the shift in consciousness to happen. However, you can read the chapters in any order you wish, as often as you like, and the effect will be the same, if you let it.

The last chapter has a list of other resources that are supportive of an individual or a couple making their love life the romance they desire!

Introduction

So, enjoy the pages ahead. They are offered with love and the hope that your romantic expression in your own life will become even more rewarding and delightful in the days and nights ahead.

Why Lovers need Hints

Even though lovemaking is supposed to be one of the most natural acts in life; truthfully, lovers have always needed hints to make it better and more enjoyable! The sexual revolution of the 1960's and 70's did not make lovemaking any easier for couples to navigate. Sex becoming more easily attainable doesn't mean we come to it with any greater knowledge or understanding. Many of you reading this were born after the sexual revolution. However, you have grown up and become adults sharing the benefits and consequences of the revolution. One of the consequences is a casual attitude towards lovemaking.

In the past ten to twenty years, it has become more and more acceptable for couples to enjoy the intimacy of sexual intercourse within their first month of dating, within the first week of dating, or even as a conclusion to their first date. Greater numbers of individuals are exploring, manipulating, and even making mundane their sexual expression in relationships that are so new, the couple doesn't know whether or not they are in love.

As a result, couples whose relationships are young find themselves facing difficulties in the area of sexuality that couples used to avoid until they had months or years together. Even when two people meet who lost their virginity years ago, they give up a blessed space of innocence and wonder by burdening their relationship too early with the responsibility, conflict, and compromise of a fully sexually expressed relationship. This has multiple ramifications. For married couples who immediately developed a sexual relationship when they were dating, there is no "honeymoon" period associated with flirting with each other, gently testing sexual boundaries with one another, or the shared intense intimacy that comes when you first see each other naked after getting to know one another in many other ways first. You can never recover that lost honeymoon period. Furthermore, since it never existed, you

cannot lean on the memory of it for support during times when stress or sickness takes its toll on the sexual part of your relationship.

For singles that go from one monogamous relationship to another, participating in immediate sexual expression, no one relationship has the time to grow and blossom naturally. Every relationship is forced to grow up too fast!

For singles that routinely have one-night stands, giving away one's most intimate self to a stranger shows a chronic lack of self-love. It suggests that the possibility for a long term, committed relationship may not be possible.

The loss of innocence is a painful reality whether it happens at sixteen or sixty. We owe it to ourselves to give our relationships their youthfulness! Many adults can look back at their own lives and agree that it is a crime to steal a child or youth's innocence. Well the same is true for relationships.

Granted, we are not likely ready for a movement to restore the innocence of romantic relationships. For instance, the idea of encouraging people to wait at least three months before having intercourse seems ludicrous, given today's standards. Therefore, this book exists to give women and men suggestions for how to revive, or enliven for the first time, joy, play, fun, and passion to their love lives, however quickly their love lives began!

The chapters are short, divided by topic so you can easily find what you are looking for without having to read it cover-to-cover. However, reading it cover-to-cover makes for inspirational nighttime reading!

You may not be able to regain innocence lost, but for adults, sexuality is one area of our lives where we get to let down our defenses and allow ourselves to play, the way we did when we were children. Infusing your love life with joy, play, fun, and passion is always possible! As I said in the Introduction, Gentle Hints for Lovers isn't a sex manual. It is an invitation to a shift in consciousness that allows sexual energy

Why Lovers need Hints

to flow more freely, so that lovers are more available to each other physically, mentally, emotionally, and spiritually.

So, enjoy the chapters ahead. If you let them, they will open you up to the possibility that your love life can be better, more fulfilling, and more satisfying!

Eyes

The eyes are the windows to the soul.

~ Ancient English proverb

What do you see when you look in your lover's eyes? What does he or she see in yours? How long has it been since you gave your lover your undivided attention, communicating, "I am listening to you from the depths of my soul," with the direct eye contact you afforded him or her?

In today's busy world, direct eye contact can feel expensive. It tends to slow people in their tracks because it makes them feel seen. We all want to be seen. Give someone undivided attention and direct eye contact and you might find you do not get your time back so easily. The mental lists and other things you accomplish in your mind are put on hold, possibly getting lost all together, when the person you are gazing at appreciates the attention. Likewise, moving on to the next task may not happen right away.

On the other hand, when you give the person you love most your undivided attention, the love that comes back to you may well be worth the cost of time and attention given to lesser things. When you give your spouse your undivided attention, you teach your children that love, respect, and cherishing between mom and dad is good stuff, some of the sacred stuff of life.

When we are falling in love, giving the other person our undivided attention is one of the joys of the day! It is that desire to give one's undivided attention that fuels the flame of chemistry bubbling between you. The initial lust and infatuation in a new romance quickly become love due in part to the unconditional high regard new lovers extend to one another, most notably through their undivided attention.

Eyes

Do you want to refuel the passion and romance in your marriage? Try giving him your undivided attention. Lock eyes with her. Give the message that comes with no words but communicates clearly, “I’m crazy about you, baby. There is no one else in the world for me but you.”

It will remind you both that there is still a flame of passion between you. If you do it regularly, it will be a continual source of preparation for lovemaking. It will create an energetic bubble around you that others will see and respect because they will not be able to penetrate it. It might even make you the envy of all your friends!

One thing you can count on about direct, loving eye contact: the next time you touch her, the response you get will be warmer and freer than before. The next time you touch him, his appreciation for your touch will be nearer the surface. Let’s talk some more about touch in the next chapter.

Hands

Our hands are our primary touching tools. Hands are capable of giving touch that pleases or hurts, reassures or irritates, or nurtures or abuses. For our purposes, we will concentrate on the pleasures of touch through the hands.

Here is a little exercise for you. Rub your hands together and feel the heat that generates. Now, take your right middle finger and with it slowly trace or caress your left hand from the top of your left middle finger, down through the center of your palm, to the center of your wrist. Did you feel how there was greater sensation for you in the palm of your hand than in your fingertips and wrist? Do it again, only this time stop when you get to the center of your palm and trace some circles or figure eights there before traveling to your wrist. Now switch hands. You might find your right palm is more sensitive than your left was because now you are anticipating the pleasure! Try using all four fingertips, tracing down your fingers, circling inside your palm, down your wrist and even up the inside of your arm.

Aren't those feelings delicious? Certainly, that is a sweet gift to give your lover, caressing the inside of his fingers, palms, wrists, arms. However, remember too that when you caress your partner, unless you are purposefully using your fingertips, use your whole hand. Those nerve receptors in your palm will give you even more pleasure when you use the entirety of the inside of your hand. Similarly, lessen the frequency with which you caress with the back of your hand. There is too much pleasure in that palm to miss!

Also, touch your partner off and on throughout the day in ways that are not invitations to sex. Certain touches can be little rituals and reminders that you are loved. Good-morning and good-night kisses, caressing the back of her neck when she's doing the dishes, massaging his scalp while he's watching television, taking

Hands

her feet in your lap and massaging them while you sit and discuss the day are just a few ways to make touch a regular part of your life.

Pleasurable touch prepares the two of you for the intentional touches associated with your lovemaking. If you like to touch your lover in a way he or she finds annoying, let it go. There are many body parts and many ways to touch.

If the passion in your relationship has been turned down for too long; she may have lost a little of her desire for your touch. If there are too many places she doesn't like to be touched, her body may be communicating, "I need to get to know you again." Take it slow, be patient, enjoy the places she will let you touch her, and prove to her that you love her and that you want the two of you to get to know each other again. As her trust grows, so will her heart and body open to you. As the passion reignites, she may be able to see how your heart is open when you make love to her.

One reason touch can be a "touchy" issue for couples who are reigniting their passion is because of the idea that any touch makes a man want sex when a woman wants all kinds of other connections made first! Dr. John Grey, the author of *Men are from Mars, Women are from Venus*, has shared with us how men open their hearts in the act of lovemaking. Women open their hearts first through shared communication and then they are ready to share their bodies. The way to a man's heart isn't through his stomach! It is through touch!

Therefore, if you are a man reading this book and desire the shift in consciousness that will make your relationship warm and loving again, you may have to be patient around this issue of touch. Remember that if you want her body, connect to her heart first through communication and other kinds of connection.

If you are a woman reading this book and desire the shift in consciousness that will make your relationship warm and loving again, remember that he connects with his heart and his deep love for you when he is making love to you. Be flattered

Hands

by that fact. Ask for the kind of connection you need but love his desire for you. His desire tells you that you are his queen!

Since more passion and more lovemaking are on the way, there are ways to prepare for this increase. An important preparation has to do with attending to scents and smells in the bedroom and on your person. Let's talk about noses!

Noses

What a person smells in the air or on his or her lover can sometimes make or break a romantic encounter. Although any of us can get caught up in performance anxiety; thereby creating a situation where we do not want to hear how we got it “wrong,” ideally our desire is to please and be pleased when it comes to sex. If you and your spouse have developed habits that create unpleasant smells around your lovemaking, find some time away from lovemaking to talk about it. Come to this conversation with the intention of cleaning up some bad habits for the sake of greater pleasure for both of you. Be willing to receive feedback about yourself as well.

Seven things that make for unhappy noses:

1. Morning quickies that don't allow time for brushing teeth and getting rid of “morning breath.” Mouthwash isn't enough. Take the time to brush your teeth and tongue.
2. Sometimes the sweat and body odor that accompany a good work-out or working out in the yard can be a real turn on. But not always. Be sensitive to whether or not that really works for you. Your lover appreciating the good, clean sweat on your body may be something that paves the way for lovemaking later in the day after bathing. It is probably universal that the body odor that builds up throughout the day, much of it associated with the stress of the day, is a turn off.
3. Certain foods create odor that the next tooth brushing doesn't completely take care of. There is likely a rhythm to when you choose to make love. Later we will talk about making dates for lovemaking. When you know making love is likely to happen within the next twenty-four hours, watch what you eat and be considerate of your partner. That consideration will benefit you as well!

4. If you make love in the middle of the morning or the middle of the day, consider brushing your teeth or using mouthwash. A stray cup of coffee or soda can make things just unpleasant enough to put a damper on the passion.
5. They say our bodies emit odors that are conducive to lovemaking and that we should not take care to bathe our private parts for fear of washing away something that actually contributes to passion. If that works for you, fine. However, for some people clean body parts make all the difference in the world. If that makes him or her happy, make bathing prior to (perhaps together) part of your sexual habits. Happy lovers have more fun in bed than uptight lovers!
6. Perfume or cologne freshly sprayed prior to lovemaking can be a big turnoff for some men and women. Sometimes they cannot get past the smell to be present with you. In fact, sometimes you cannot get past the smell of the perfume you doused yourself with to be present with your partner. Your natural scent is more attractive than you may think. Whether it is body odor or perfume/cologne, a smell that reeks in the air between you creates a barrier.
7. How does your bedroom smell? When dust collects around and underneath the mattresses, it collects mold and that can cause a musty, "old house" smell that isn't conducive to lovemaking. Where do you collect dirty laundry in relationship to your bed? Do you need to find a different place for it? How many pets share your bedroom and do they leave scents behind that need to be cleaned more frequently so that your bedroom smells fresh? How long has it been since you changed the sheets? If you do not regularly bathe before bedtime, your sheets build up with the smells of the stress of each day that your body carries. Those sheets need to be changed more frequently.

Seven things that make for happy noses:

1. Being kissed on the nose can make a person feel precious to their beloved!

Noses

2. Caressing any part of your lover's body with your nose can be pleasurable for both of you.
3. Freshly changed linens and scented candles you both find appealing can set the mood nicely.
4. Bubble baths made with the scent of lavender or using lavender essential oils in your bath can soothe the mind and body in preparation for lovemaking.
5. Other essential oils contribute to arousal and you can investigate and experiment with those. (Some resources concerning essential oils are in the last chapter.)
6. Paying attention to which scents turn you on and off and being proactive about bringing in the one and removing the other is a habit that contributes to the joy of lovemaking.
7. Caressing one another's bodies with flowers that have beautiful scents can create pleasure in multiple ways.

As you can see from these lists, scent has a lot to do with the pleasures of sex. It may also be apparent that the importance of scent can be overlooked. Taking the time to consider what makes your nose happy or unhappy and determining the most gracious form of action to take to ensure the happiness of both your noses can result in better sex. More pleasure you can count on always paves the way for more of the same!

We have looked at sight, touch, and smell. How does our hearing weigh in when it comes to reigniting the passion? We explore that in Chapter Five.

Ears

It must be obvious by now that we are addressing the five senses in relation to lovemaking. We are also discussing the body parts that deliver the five senses!

Ears have sensitive nerve endings. The nerve endings are so sensitive that some people just love to have their ears caressed, licked, and nibbled while others can hardly stand attention paid to their ears! If you want to experiment with your lover's ears, pay close attention to whether or not she really likes it. People will tolerate sexual techniques they do not really enjoy to try to keep from hurting someone's feelings. You can always be up front and just ask him if he likes it.

If you really like having your ears licked, keep them clean! Ears have a funny taste that isn't always pleasant.

Sound, the sense our ears receive, is important to lovemaking. Background noise can contribute to or take away from your time together. Music is great but you might like to preview your selection before you actually use it during intimacy. For instance, the soundtrack to "Don Juan de Marco," has some lovely, sexy music. However, there is one track that begins with some bars that are reminiscent of the Lone Ranger song. If it comes along at not quite the right moment, it can inject unexpected humor where you may not want it!

Some of the most beautiful sounds heard in lovemaking are the sounds you and your spouse make. If you are in the habit of being silent during lovemaking, it may be because you are used to concentrating on the sensations in your body. Ultimately, each of us is responsible for our own orgasms and that takes various levels of concentration for different people. A wonderful thing to experiment with, then, is to break up your concentration just a bit to make sounds like moaning,

catching your breath, saying, “Oh, baby,” or whatever feels inspiring. Try adding just a little bit of sound here and there, cutting loose when that orgasm comes.

Some people are masters at creating sound all through their lovemaking. If that is you, check in with yourself and your partner to see if it ever sounds false – as if it is just too much. It may be that cutting back a little, having the sounds you make come across as genuine and sincere, turns out to be a big turn on for both of you.

If you are in the habit of faking orgasms, using sound to perpetuate the fraud, you first need to come to terms with how to communicate this to your partner. Trusting that he really does want to please you and calling that desire of his forth, let him know you want to experience the real thing with him because you love him so much. You will want to talk about and plan how to experiment with different positions and techniques. You may want to discuss the feasibility of seeing a sex therapist. Once the truth is out in the open, you can quit using sound to fake it and find your true lovemaking voice.

When we speak our truth, it is delivered through our eyes, our touch, our attitude, and our mouths. Mouths can contribute to or detract from our experience of lovemaking. Let’s find out how in the next chapter.

Mouths

This chapter is about not only taste and what goes in your mouth but what comes out of your mouth, in words, as well. First, we will deal with taste and then go on to discuss words.

Every place on your partner that you can touch with your fingers, you can also touch with your mouth. Do you remember the chapter on noses? Happy mouths like clean body parts and body parts like clean mouths!

It can be fun to experiment with foods, flavors, and lovemaking. Hot fudge or chocolate sauce combined with the salty flavor of skin can be delicious. Some words to the wise: if the food or beverage has heat in it, or the potential to burn, do not use it on sensitive body parts. Too much heat in the wrong places can ruin a date night! In addition, if you are going to play with whipped cream, it melts fast. The classic scene from a blue movie of a whipped cream bikini isn't made with real whipped cream or even cream from a can! The stuff melts too fast – it will not hold up. However, if humor and a good, long belly laugh are good for you, go for the whipped cream bikini and have fun!

Now let's talk about what comes out of our mouths and the impact words have on a couple's love life. Have you ever experienced saying exactly the wrong thing that hurt your spouse so badly, he or she did not really want to be in your presence for a while? Sometimes those things are spoken on the way to lovemaking, sabotaging one's best efforts for keeping the flames of passion alive.

To create the shift in consciousness that allows sexual energy to flow more freely, so that you are more available to each other physically, mentally, emotionally, and spiritually, you would do well to be intentional and mindful of the words you use

Mouths

with your partner. Good communication contributes to good sex. If you need to improve your communication, there are books, workshops, and therapists for that.

For the scope of this book, here are a few suggestions that can make a powerful impact.

Men love respect. When you respect a man, you tell him you cherish his feelings. Men love to hear that they are respected. Say it. Think of what you respect about your husband and tell him so. It may feel awkward. Say it genuinely anyway. His appreciation will help you get over the awkwardness of saying, "Honey, you know I respect you because..."

Women love to have their feelings cherished. When you cherish a woman's feelings, she feels respected. We have already discussed how women connect through verbally sharing and processing what is going on in their lives. You may not be able to be present with all of it, cherishing her feelings about everything she shares. However, if you pay attention to her (or even ask her), there are clues as to the things that are most important to her. When she shares those things, you can be especially mindful of cherishing her feelings. Also, every once in awhile when you know she has some heavy-duty feeling stuff going on, you can make the time to approach her and say, "I love you. It is sometimes a challenge for me, but I do cherish your feelings and I would like for you to share them with me now." It may feel dangerous and as if you are indulging something in her that makes you very afraid! Her appreciation will take the fear away and make it worth your while.

Talk about what turns you on. Ask each other questions. Ask for advice. Share what makes you happy in bed and listen in return. Such a conversation paves the way for lovemaking!

Remember, what comes out of your mouth can break or open a heart. It doesn't matter how clumsy either or both of you may have been in the past. Speak-

Mouths

ing in ways that open the heart is possible for anyone to learn. It simply takes paying attention to the effect your words have on your beloved.

Your day-to-day attitude as well as the attitude you bring to lovemaking have a strong impact on how your lover feels about you. His or her day-to-day attitude as well as the attitude he or she brings to lovemaking has a strong impact on how you feel about him or her. Let's discuss that now in Chapter Seven.

Attitude

In this chapter, we will be discussing ways your attitude can pave the way for lovemaking. In Chapter 2, we talked about the seductive nature of giving your lover your undivided attention through direct eye contact. The attitude that accompanies giving your romantic partner your undivided attention communicates love, respect, and cherishing. When a person considers straying outside his or her marriage for sexual companionship, one of the things that likely has gone missing from the relationship is the belief that one is taken seriously, that he or she is seen, heard, and appreciated. Usually, that person isn't alone. An attitude of appreciation that is communicated through the regular giving of one's undivided attention either flows both ways or it dams up and stops. If you are considering looking outside your relationship for sexual affection, take a close look at your spouse. He or she may be contemplating the same thing. Or, he or she may be locked in a depression from the lack of love and appreciation that has existed between you for too long.

If you want to reignite the passion in your marriage, if your deep desire is to create this shift in consciousness that allows sexual energy to flow more freely, so that you are more available to each other physically, mentally, emotionally, and spiritually; develop an attitude of deep appreciation for your partner. Furthermore, allow that attitude of appreciation to spill over into action.

Sometimes, taking a positive action means stopping actions and attitudes that contradict your desires! For women who are daddies' girls, who have a tendency to treat their men like little boys, you have to let go of the he-can't-do-anything-right belief. Let it go! Drop it. Do not buy into it. You may have spent years training him to believe it. If you want your sex life to improve, train yourself and him to know it is a new day by letting this one go.

Attitude

Your man is an adult who can take care of himself and his responsibilities. Treat him like one. Admire him as one and watch the chemistry between you bubble again!

If you are a mama's boy and tend to talk to your wife in patronizing ways because that is how you push against mother figures in your life, stop it. A woman condescended to cannot be expected to open her emotions and her body to you. In addition, a woman pulled on to take care of her man's needs as if he is a little boy, cannot be expected to open her emotions and her body to him.

The best sex happens between two adults who take responsibility for the lives they create, treating each other like adults, with respect. Later on we will discuss the usefulness of fantasy. For now, let us acknowledge that two adults who treat each other with respect may very well desire to act out fantasies together that get into some dominant and submissive themes. Remember, sex is the number one way adults get to play with the kind of abandon experienced in childhood. An attitude of love, respect, and cherishing paves the way for sex play and lovemaking. A slovenly attitude does not.

Another action to stop in order to create a more positive attitude around lovemaking is to observe the ways you take your partner for granted and do something to change those habits. This isn't a call for you to beat yourself up. Sometimes, taking our spouse for granted is a clue that we are very comfortable together, we are family, and we can count on each other. At times, it is even flattering. However, you know which habits communicate to your beloved that he or she is dismissed, disrespected, dishonored, etc. Observe those and self-correct them. When you fail, don't sweat it. Another opportunity to self-correct will come along shortly. Simply be consistent in observing and self-correcting and new, healthier habits will result.

Having an attitude that sex is fun, pleasurable, and desirable is wonderful for reigniting the passion! Positive attitudes, like smiling, take more effort than negative or apathetic attitudes. Make a habit of remembering that sex with your spouse is fun,

Attitude

pleasurable, and desirable! Some people do this by enjoying sexual jokes and banter between them. You can develop this attitude by making direct and knowing eye contact when a sexy scene in a movie thrills you or someone speaks a double entendre without realizing it. Touching, patting, petting, kissing, and hugging here and there throughout the day also encourage a positive attitude for your sexual chemistry.

Now, we are going to talk about time and children. Do those two words have an effect on your attitude? Is there any chance that time and children seem to be the two hurdles that are impossibly high, not likely to be safely crossed? Keep reading and let's see!

Time & Children

Perhaps it goes without saying that you have to make time for love! Do you remember falling in love? Do you recall how easy it was to get everything done and make time for your new love as well? Maybe you did not accomplish everything you needed to but you made it all work regardless. The energy it takes to live that way comes so easy in the early days before a certain level of commitment is reached. You can reignite that energy. It is a choice. It takes more to manifest it the longer you have been together, but it is possible!

We have actually already been discussing the subject of time here in Gentle Hints for Lovers. Developing disciplines such as making direct eye contact, developing positive attitudes about your sexuality, attending to the scents in your bedroom and person, taking the time to read this book, etc., all take time. Woven together in your thoughts throughout the day though, much of what we have talked about already doesn't take a lot of time out of your busy day. We will talk about using your imagination in multiple ways later, but a lot of the time issue can be handled in seconds and minutes.

For instance, the time it takes to consider how to let your husband know you respect him and follow through with that doesn't take a lot of time. In the meantime, you have planted seeds for good lovemaking that will bear good fruit. For women, foreplay begins at least twelve if not twenty-four hours ahead of time! Nevertheless, the little touches, kindness shown, and displays of affection that take place off and on during those twenty-four hours are not very time consuming. They too become seeds planted for good lovemaking that bear good fruit!

Children, of course, can turn time into a major issue. The hints I have to offer here may be familiar to you. The real question is whether you are willing to take

action and follow through so that your lovemaking becomes the life giving priority it was meant to be.

The bottom line is you have to create moments and hours away from the children that are conducive to lovemaking. Saving sex for the end of a busy day and an evening full of the tug-of-war at bedtime isn't likely to produce satisfying lovemaking.

Hiring a babysitter, is there a motel or hotel where you can enjoy quiet, leisurely, luxurious time together? Do you have access to secluded, private property where you can create an undisturbed tryst during the day or early evening in the warm months? When visiting family, can you arrange to get everyone out of the house, except for you and your spouse, for more than an hour?

Do you have friends with whom you can routinely create sleepovers so that each couple gets a whole night to themselves once a month? If you have many couples in your life that you can arrange this with, then every couple can have even more nights to themselves in a year's time! There is one major rule that goes along with this plan (and it is the only rule in this book), whether it is just you and one other family or whether it is multiple families: with these sleepovers, you need to keep it simple. This isn't an excuse to outdo each other in how you entertain the children. Do you remember when spending the night at a friend's house was entertainment enough? Let your children have the simplicity, freedom, and gift of that experience and let yourself have the simplicity, freedom, and gift of that experience! If you make it about which family entertains the children the best, you will likely sabotage your efforts.

Creating this situation well takes time and negotiation skills. All the adults need to be on board and in agreement, so that no one is taken advantage of and everyone is treated fairly. It is worth the time and imagination it takes to make it happen!

Time & Children

Speaking of imagination, our minds are fertile ground for preparing the way to good lovemaking. We cover that in the next chapter.

Imagination

Unless you are a stay-at-home mom with multiple toddlers, or have a job or career that is the equivalent of that, you likely have regular down time in your day when you are waiting for someone or something. We all have different ways of taking care of the boredom and/or anxiety that comes with having to wait. Some people carry a book with them everywhere so that when they are caught having to wait, they can entertain themselves. Others make mental lists, or fish a pen and paper out of their purse or pocket to make the list, in order to fill the time. Some make a habit of complaining about having to wait to anyone who will listen.

Here is a different idea for what to do with your mind during down time: imagine how to please your beloved and imagine what he or she can do to please you. Is there a position you have always wanted to try but never have. Take some time to imagine how it would go, if you did try it, and how you might present the idea to your partner. Think about your lovemaking and notice the habitual ways you touch each other. Imagine how you might touch him or her differently. Imagine how you might like to be touched differently. Imagine how you would share that desire with your spouse. Would you ask for it straight out? Would you rather show it by guiding his or her hands against your body?

Talk to each other about what stirs your imaginations when it comes to lovemaking. There is a pose in movies that many men find irresistible. It is in the opening scene of "Lost in Translation" where Scarlett Johansson, wearing sheer pink panties, lies on her side with her back to the camera. Part of the set up for the plot of this movie is the fact that her young husband is too self-absorbed to appreciate the pose! But, ladies, what if you knew the two of you were going to be making love and you got to bed first to arrange yourself in this inviting way? What if you spent down time imagining different poses you might strike to invite him to bed? What if you

Imagination

spent down time figuring out how to make lovemaking better and more fun? You might find that your waiting time ending creates frustration!

Let your imagination work during lovemaking too. If you get an idea to do something different and you are early in the game, take a moment to redirect your energies and try it. If it works, that is great. If not, go back to what you were doing. Even though as a culture we have become too casual about our lovemaking, we still run the risk of taking it too seriously. Lovemaking is adult playtime. As such, we ought to be able to lighten up our mood around it, lighten up our ideas about it, and be light and playful with how we experiment with it.

On the other hand, if you want some deeply serious romantic lovemaking every once in awhile, ask for it! Go for it! Make it happen! What does that look like? How would you approach it differently from your usual lovemaking? With this one, your imagination needs to work out all possible saboteurs! The children are healthy, happy, and spending the night with friends you trust. Unplug the phones. Get away from the fax machine. Feed the dogs and cats ahead of time. Make certain you both know the high expectation that has been set. Contribute to the evening equally. For instance, if you want him to seduce you, give him something to seduce, something to chase. If you want her to look in your eyes with adoration, cherish her feelings, tell her she is beautiful, and let her feel your desire.

Imagination is a wonderful tool for reigniting the passion between you! It has a helpmate whose name is "Inspiration." She is coming up next!

Inspiration

How will you know that the lover's shift in consciousness is happening? In the beginning, it may just look like a lot more sex is happening with a lot of work to make it happen! There are other payoffs, though. One of the ways you will know it has begun to happen is when sexy scenes in movies, on television, and in books start getting your attention the way they did when your sexuality was first blossoming! A way, then, to be proactive about inspiring your lovemaking is to be on the lookout for favorite sexy scenes. It is fun to be sitting in a movie or watching something on television, coming across a scene you know your partner finds enticing! The stolen glance, the nudge, and/or the laughter, all strengthen the sexual bond between you. It means having sexy secrets that are nobody else's business!

Clothes, lingerie, and the lack there-of can be very inspiring. If you are used to sleeping in old t-shirts, go shopping! Sometimes, pretty and sexy lingerie can seem very expensive for such lightweight material. However, you do not need a lot of it to accomplish inspiration. For one thing, unless the two of you are exceptional, making love every single night isn't an option! As we talked about earlier, couples tend to have a rhythm to when they make love. Work with your rhythm, especially if you would like to make your sexual rhythm more upbeat, friskier. Plan some evenings of getting ready for bed early and wearing a beautiful nightgown or sexy pajamas. Since we are discussing inspiration, it doesn't have to lead to sex that very night. Enjoying who you are as a woman in a beautiful, sexy nightgown can get both your attention and attitudes turned in the right direction. Make wearing that beautiful piece a special event, if it seems too costly.

Men, this isn't all about the women either! A handsome silk robe can be a fine investment for a man to make. If you make a habit of sleeping in your underwear, there is a lot for men to choose from outside of white boxers and briefs! Experiment

Fantasy

with colors, styles, fabrics. Remember when you were younger and liked to “strut your stuff?” Bring some of that attitude back to the bedroom!

Read books for inspiration. From sex manuals to sexy novels to erotica to books of art, you can find literature that speaks to your soul and encourages you to open your self, mind, body, and soul to your lover. You can read it to each other or keep it for yourself. Because men and women's timing is different when it comes to lovemaking, some sexually inspirational reading can slow him down a bit and speed her up a bit so that you both wind up approximately in the same place at the same time!

Another way to be inspired is to pay attention to real people. Currently, when every other marriage seems to be ending in divorce and people choose to not marry but find themselves in a series of monogamous relationships, you run across people of all ages dating and falling in love again. When we fall in love, we remember what it was like when we were teenagers and all this love stuff was brand new. New couples in your life can inspire you to recreate those old feelings between the two of you again. Watching them, you may find yourself inspired to engage in more direct eye contact, more touch, less taking each other for granted.

A very personal source of inspiration is your own fantasy life. It deserves its own chapter and is next.

Fantasy

Fantasies are more than substitutes for unpleasant reality; they are also dress rehearsals, plans. All acts performed in the world begin in the imagination.

~ Barbara Grizzuti Harrison

Much of the fun, daring, and exciting acts of lovemaking begin in someone's imagination as fantasy. If you have found yourself wondering where the passion has gone, rather than spend another moment on worry or trying to figure out what is wrong, spend a few moments here and there remembering the fantasies that turn you on. In this way, you stir up your own sexual energy, making yourself more available to the one you love.

There are books that give excellent advice for how to be fully present with your lover during sex. A couple of those are listed in the last chapter called "Other Resources." It is a beautiful thing to strive for and practice. However, being fully present during every sexual encounter with your beloved can be challenging and even exhausting! There are times when you just need to allow your favorite fantasy to assist you in bringing your sexual energy forth where you can freely share it with your partner. An enlightened person might be able to be totally present during love making every single time, but most of us are not enlightened! Private fantasies play a role in lovemaking as long as they do not become more important than your lover.

Sharing your fantasies with each other can enrich your sexual relationship and your friendship. Fantasies can be incredibly erotic, private secrets you keep between you. Acting some of them out can be fun, daring, exciting, and even dangerous! Something to keep in mind about acting out fantasies is this: they are usually better in the imagination than when acted out. If you find that acting out a favorite fantasy makes the energy between you go dull, no worries. That is just a clue to hold that

one in the imagination. Try to make light of it, shift gears and turn your attention to your love for one another.

We have said that sharing fantasies means sharing erotic, private secrets between the two of you. Part of the joy of fantasies is knowing what turns your partner on. You may not like his or her favorite fantasy. Apart from your lover, that fantasy may mean nothing to you. However, between the two of you, you know what turns him on and so that stimulus has value for you because you love him and you love knowing what makes him happy! You know what turns her on and that stimulus has value for you because you love her and you love knowing what turns her on!

Appreciating your beloved's fantasy is a way of saying, "I see you. I value you." You can appreciate your spouse's fantasy even if it turns you off. If it turns you off, that is a good one to keep in the imagination, to refer to verbally but not act out. Make space for such a fantasy without judging it. If your fantasy turns your partner off, don't allow that to frustrate you. If she knows you indulge in it in your imagination without requiring her to act it out, the two of you share a juicy secret.

Sharing your fantasies makes you vulnerable to one another. It is one of many things creating an energetic field in which only the two of you exist. It creates intimacy between you. It reminds you to value your own and each other's sexuality, not taking it for granted but owning it as some of the life-giving stuff of life!

The last gentle hint follows in the next chapter. It is a hint, suggestion, and clue that has been in the subtext of all the previous chapters. It is the most important ingredient for creating the shift in consciousness that allows sexual energy to flow more freely between lovers so that they are more available to each other, physically, mentally, emotionally, and spiritually. Keep reading to find out what it is!

Responsibility

The lover's shift in consciousness begins with desire. It begins with a longing for deeper connection, a yearning to be seen and valued, and a hunger to love and be loved. At the beginning of a romance, when passion is strongest, we meet such desire easily and frequently. As time goes on, life makes its demands, and the relationship is naturally taken for granted, such desire can be interpreted as immature, a gift of infatuation.

It is true that seeing each other naked for the first time only happens once. Learning the natural scents of each other, and how that heightens a sense of closeness, vulnerability, and passion only lasts so long. Friends and relations switching from admiring your new romance, even being troubled or irritated by it, to accepting it as normal happens quickly. Eventually, life not only becomes routine for lovers, but you wake up one morning to discover some of the things you originally found attractive in your partner, now irritate you. New discoveries about your lover give you pause. These things not only dam up the flow of sexual energy between you, they are too easily interpreted as the other person's fault.

The sexual revolution of the 1960's and 70's taught us we are each responsible for our own orgasm. This was good news because it freed men and women up to experience more and better orgasms. Today the good news is you are responsible for the flow of sexual energy between you and your beloved. You are responsible for the shift in consciousness that allows sexual energy to flow freely between you so that you are more available to each other physically, mentally, emotionally, and spiritually.

All the suggestions, advice, hints, and clues for making your relationship the romance you desire found in this book invite you to take responsibility for the quality of your relationship, the quality of your romance, and the quality of your sexual

expression. Taking responsibility begins with owning your desire to reignite the passion in your relationship. Own it as your own rather than as an indication of what is wrong with your partner. Then begin to take action steps to make a difference for yourself. Unless you skipped ahead, you have already read about many action steps you can take. Your imagination is a rich resource for creating action steps. Sex manuals, erotic literature, other books and resources are excellent places to find action steps you can take to make a difference in your love life.

A valuable way to take responsibility for reigniting the passion is to observe your thoughts and the emotions produced by your thoughts. Because we are most vulnerable to and with our spouses, we can fall into the trap of believing he or she is the enemy. When it comes to lovemaking and keeping the sexual flow of energy free between you throughout the day, perceiving your lover as the enemy is dangerous. It is something you can control because it comes from within you.

If you are being abused, then you need assistance and support beyond the resource of this book. For the sake of this book, though, pay attention to the ways you may interpret your partner as the enemy.

When the two of you are making love and he or she becomes clumsy in technique or with words spoken, do you allow it to ruin the moment? An option is to allow for his or her humanness and get over it. If you can shift gears, in a matter of seconds you can be enjoying each other again in mind, body, and soul.

Throughout the day, when your spouse does or says the things that drive you crazy, do you take it personally? As if you are being deliberately provoked? That is your choice. Another option is to allow your partner to be who he or she is, acknowledging that you have your own foibles that can drive him or her crazy, and remember the time you thought it was cute, funny, or endearing.

Our thoughts drive our emotions but we have control over our thoughts. We may have developed the habit of not controlling them. We can take control back any

time. It takes practice and commitment but it is doable. When you feel anger or resentment towards your spouse; ask yourself if there is another way to interpret his or her behavior or words? For instance, let's say your lover checks in with you frequently throughout the day to see how you are doing and encourages you to check in to report how you are doing. This can become annoying. This can be interpreted as treating you like a child. The natural solution seems to be to make it stop and if it will not stop, it must be your lover's problem! He or she is at fault, not you!

There is another option. As long as your lover isn't checking up on you because he or she is jealous and insecure, you can understand that you are loved and that this is an expression of love. If you still need more psychic space than what is allowed, you can negotiate for it from the standpoint of the fact that you love each other and desire the best for each other. You can each give a little, have no one be "wrong," and allow the love and sexual energy to flow more freely between you.

Rather than waiting for your lover to get it right, rather than trying to fix what is wrong with your beloved, taking responsibility for the freedom of movement of the sexual energy, passion, and romance between you is a powerful place from which to live and love. We live in a fast-paced world. The days of giving a woman advice to take time in the afternoon to pamper herself and ready herself for her husband's return home so that she is emotionally and sexually available to him are long gone. In this world where immediacy of information, answers, solutions, food, and recreation dominate our lives, where children's social lives are as busy as our own with us responsible for their social lives and our own, where both couples have to work to make ends meet, the luxury of one partner consistently creating an atmosphere for love making is nonexistent!

For the romance of sexual love to thrive in our marriages, in our long-term relationships, we have to give it attention. Doing so from the place of taking responsibility and giving it loving attention in a variety of moments and ways throughout the day, gives us that sense of play, fun, daring, and passion that filled our hearts,

Responsibility

minds, and bodies the first time we made love. Turn your attention to your lover. Be still inside when you touch her, when you breathe him. Feel the energy stir in your belly as you anticipate the next touch, the following kiss, the warm breath on your neck. Give the sexual energy that flows between you your undivided attention and watch it grow. Experience it flowing more freely. Know yourself as known by your beloved physically, mentally, emotionally, and spiritually.

The final chapter offers a few resources that come highly recommended. There are other resources out there. Unleash your imagination and the resources for assisting and supporting you are unlimited.

If you haven't already, accept the invitation to the shift in consciousness that allows sexual energy to flow more freely between you and your beloved, and you will become more available to each other physically, mentally, emotionally, and spiritually. Blessings to you in this scrumptious endeavor!

Other Resources

The following list of resources is not exhaustive, as is quickly evident! As Gentle Hints for Lovers is a beginning in the shift of consciousness for the greater freedom of movement of sexual energy between lovers, the resources listed here are only the beginning. With research, imagination, and desire, your resources for developing sexual fulfillment with your beloved can continue to grow throughout your life together.

Essential Oils ~

www.elizabethvanburen.com. At this web site, you will find information and products that allow you to experiment with the healing properties of essential oils. Elizabeth Van Buren not only sells singular essential oils like lavender and patchouli, the company also sells therapeutic blends such as “Sensual Blend,” “Menopause Blend,” and “Compassionate Blend.” These kinds of blends can support you energetically as you create the lovers’ shift of consciousness in your household.

www.Kaliana.com. Created to assist you in your emotional care, Kaliana’s products are Vibraceutical® Formulas made with 100% natural blends essential oils plus love, faith, and intention. At her site, you will find all the information you need to choose the product that will most benefit you. For the purposes of this book, the “Divine Mate” formula comes highly recommended. Each formula is available in the following applications: mist, pocket perfume, specialty serum, energy supplements, and vitalizing body oil. Her site assists you with the process of choosing the formula you desire as well as the type of application best suited for your needs.

Flower Essences ~

I highly recommend *Flower Essence Repertory: A Comprehensive Guide to North American and English Flower Essences for Emotional and Spiritual Well-Being*, by Patricia Kaminski and Richard Katz (ISBN 0-9631306-1-7). Flower essences can powerfully support the changes you desire on a subtle, energetic level. The *Flower Essence Repertory* book gives you information on the various flower essences available as well as issues the essences address. It also tells you how to mix the flower essences for consumption.

For the purposes of creating the lover's shift in consciousness, there are sections on "Sexuality," "Intimacy," "Female Consciousness," and "Male Consciousness." Each of those sections have a number of flower essences listed and the benefits of each essence so that you can create your own personal blend to support your needs.

Books ~

At www.deida.info, you will find a brilliant master of sexuality who has revolutionized the way women and men develop their sexuality and spirituality. Men will find a number of David's books that speak directly to their hearts on the issue of a man expressing his sexuality with his woman. For both men and women, I recommend *Blue Truth*. However, for women, I especially recommend *Dear Lover*.

David has a way of speaking to the reader through his writing in a way that opens the reader up to his or her own sexuality. You come away from his books feeling more alive and available to romantic love as expressed through your sexuality. *Blue Truth* and *Dear Lover* will challenge you to continue the lover's shift of consciousness so that you are more available to each other physically, mentally, emotionally, and spiritually.

Support for your relationship ~

www.josephmalinak.com. Joseph Malinak offers a rare treat for lovers through his mastery of an esoteric system called “The Cards of Destiny.” From both personal and professional experience, Joseph knows that The Cards of Destiny can answer people’s relationship problems in ways that truly make a difference in their lives. He combines Western Astrology with Jyotish Astrology with his knowledge of The Cards of Destiny to help you understand the joys and challenges of your relationship. He assists you to maximize the joys with solid advice on how to handle the challenges.

It is easy and fun to become acquainted with the power of The Destiny Cards because Joseph offers a free 15-minute interview that not only helps you decide whether you desire the consultation, but also provides you with significant information about yourself and your relationship right then and there!

Coaching for Love ~

www.IdealRelationships.com. At Ideal Relationships, we believe that everyone deserves to have the best relationships possible! Relationships matter because the quality of our relationships determines the quality of our lives. Whether the relationship is with the self, another, or the Holy; relationships ground us, define us, challenge us, and free us.

At Ideal Relationships, we are committed to providing information and services that allow people to develop and nurture as many quality relationships in their lives as they desire.

The products and services found at www.IdealRelationships.com positively affect any relationship, they contribute to the lover’s shift in consciousness through improved communication, learning how to be a creator in your relationship rather

Other Resources

than a victim, and learning how to grow compassion and love so that you get the results you desire in your primary relationship.

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That wraps up this book of gentle hints for lovers! Blessings to you as you take the steps necessary to create the shift in consciousness that allows sexual energy to flow more freely, so you and your beloved are more available to each other physically, mentally, emotionally, and spiritually. May your journey be fun and rewarding and may you experience every challenge as an opportunity to grow in understanding and love of yourself, your partner, and your relationship.

## *About the Author*



Sarah Elizabeth Malinak and her husband, Joseph, are the authors of *Getting Back to Love: When the Pushing and Pulling Threaten to Tear You Apart*, the definitive book on the mama's boy/daddy's girl relationship that is so prevalent today. *Getting Back to Love* is available from your local bookstore, at Amazon.com, BarnesandNoble.com, and at [www.GettingBacktoLove.com](http://www.GettingBacktoLove.com). When you purchase *Getting Back to Love* at its website you receive not only an auto-graphed copy but a free DVD called "*Creating An Ideal Relationship*" as well! The DVD includes parts of a workshop with an interview between Joseph and Sarah on the art of creating an ideal relationship. It gives you an hour of powerful information for making a difference in your relationships and in your life.

Sarah and Joseph live in Asheville, NC. They are life coaches who specialize in helping folks improve the quality of their relationships. In 2005, they founded Ideal Relationships ([www.IdealRelationships.com](http://www.IdealRelationships.com)). Joseph has over thirty years of experience as a self-growth facilitator, and Sarah has a Master of Divinity degree in Pastoral Care and Counseling. Together they bring a wealth of talent and compassion to their work.

With more books on the way, Sarah and Joseph are also available for workshops, seminars, and speaking engagements.