



SEXUALLYFIT

The Wonderful Secret Truth

By Doris Jeanette

A wonderful secret truth about glowing sexual health was revealed in the first SexuallyFIT column. Here it is summarized for new readers--your sexual health depends on how you relate to your physical self and to your emotional self. It does not depend on your partner or the absence of a partner. With this foundation set securely in place, we are ready to start cooking with gas.

I like to cook with gas. It is so responsive to my touch. The fire can be really low and doing just what I want it to do.... softly humming... simmering. Then suddenly, I turn it up really high with a flick of my wrist. Marvelous. The flares jump and my food is banging. Sometimes my pans can't take the heat but I still like cooking with gas.

So girls and boys, men and women, get in the driver's seat. Cook with low heat or high heat, just start cooking. Your sexual health is the foundation for all of the rest of your health - mental, emotional and physical. If you want great sexual health you got to get turned on and excited. Do not wait for or expect others to do it for you.

Being responsible for yourself and your energy is what puts you in the driver's seat. This is really cool because it means that no one else has power or control over you. If you want to read more about the healing effects of responsibility, check out my free library, www.drjeanette.com/library.html

So, don't waste any more time focusing on someone else.

You can have abundant, juicy, sexy energy without waiting for someone else's approval, love or energy. Healthy physical energy and vibrant sexual health begins in your body. Yep, It starts in your gonads, yes your gonads, not someone else's. Yours.

This potent power source is what keeps you healthy and strong. And it is what makes you effective in life, sexy and desirable. I coach people into peak performance so this is where I am leading you. I am not teaching you to put a bandage on the wound and call me in the morning.

Male gonads are called testicles and female gonads are called ovaries. These two organs are responsible for deep magic. The goal is to rev up your fiery energy and store some of this red energy in your belly so that you have lots of juice for whatever you need. As my teacher Jack Schwarz said, "Your belly is like the furnace in your house. It is up to you to get your furnace cleaned and ready to go so that you can summon the extra energy and warmth when you need it."

Mothers use red energy to raise children and keep them alive. I read about one mother who used her stored energy to pull her son out from under a moving car. She lifted up the car quickly with unheard of strength and saved her son's life.

Once I used my stored energy to pry a tall football player off of a tiny, bleeding woman. This event happened just a half a block from my house in Center City, Philadelphia. I noticed there was a group of five unresponsive men across the street

watching me calm him down and steer him away. I can only deduct that they did not have enough fire in their belly.

You can use your precious energy for anything you desire. I create, write, heal, make money and make love with mine. You do not have to know what you want do with it right this minute, just start cooking.

First, you need to relate positively to your body, yes your body. If you do not love your body how could you ever think someone else would? Think about it. Love your body. Love it good and love it long and love it sweetly. Use it, move it and rest it and relax it. Start developing a good healthy relationship with your physical body so that some sparks start igniting in those cells.

Next, you need to become more aware of what is going on in and around your body. Here is an exercise to help you develop your own houseblend of desires, passions and responses. Have fun as you notice what turns you on and what turns you off. Look at each person as a new fresh energy. It can be anyone doing anything. How does that person and their energy affect you and your energy? Notice each new event or situation in the same fashion.

Play with your energy, have fun as you explore the many opportunities that could turn you on. As I mentioned in the first column, it is not about intercourse, it about being turned on and excited. For adolescences that have not had their first sexual encounter, be picky. Do not have a fast, anxious experience that sets in stone your pattern for life. Especially for males, the first time is important. If it is not with someone you love, it is not good for your gonads.

For example, my 30 years of observations are that a history of premature ejaculation frequently has a first time sexual experience that was with someone they did not love and want to hang out with for a while. So the boys were anxious, quick and fast, thereby storing a very unhealthy pattern in their body and psyche right from the get-go. Boys who are controlled by popular culture can get into real serious trouble at a very early age with this kind of behavior. Mechanic sex does not bring good loving and vibrant sexual health.

So girls and boys, men and women walk around and experience what turns you on. See the world and feel each new person with fresh eyes, an open heart and increased body and self-confidence. Take a breath and relax into your feet, feel Mother Earth supporting you. You are going to access your red, fiery, potent energy. Start cooking with gas.



Doris Jeanette is a mind body psychologist and author of *A Natural Process for Opening the Heart- Your Emotional Guide to Love*, as tapes, CD's or ebook, teaching you how to trust emotions, body and energy. Dr. Jeanette is licensed in PA and Director of the Center for the New Psychology, which offers holistic, multicultural programs. Informative articles at www.drjeanette.com