



How long were you able to enjoy your physical arousal? In the last article, I left you with the exercise of noticing your comfort zone with pleasure. How much could you tolerate? Did you shut your excitement off in a few seconds or did you experience so much intensity that it overwhelmed you and you just had to explode?

YOUR *comfort* ZONE

by Doris Jeanette, Psy. D.

Were you able to linger long with your wondrous, divine feelings in your body? Sexual, sensual, bodily feelings are pure, delicious pleasures. However, most of us cannot tolerate a high degree of pleasure for a long time.

In America, our Puritan Ethics are so entrenched in our bodies, minds and psyches that we feel like we are committing a sin if we enjoy pleasure. Our unhealthy religious beliefs are the cause of many destructive behaviors. Not the least of which is the wide spread sexual abuse of children by priests and other adults. Making normal, healthy sexual feelings and behaviors "wrong" naturally results in serious psychological, mental health problems. The world is full of emotionally immature people, primarily due to this intense rejection of our wonderful, powerful, sexual self.

Thus it is important to help you feel safe with your arousal. You may think that you feel safe with your sexual excitement but I assure you that you do not. After thirty years of helping people relax their bodies so that they can enjoy sex, I know how hard it is to let go and what it takes to succeed.

If you think you feel safe, your thoughts are fooling you. Listen to what your skin, your penis, arousal, orgasms, and nerves are communicating to you for an honest answer. For example, if you have premature ejaculation, you do not feel safe. If you are a sex addict, you do not feel safe. If you cannot have an orgasm without a vibrator, you do not feel safe. If you cannot let go of control, you do not feel safe.

These are facts. Your body reveals the truth. Your body is afraid to relax and have a good time.

This lack of pleasure exists because you have been conditioned to inhibit your whole body and entire sexual and emotional self. Religions, schools, parents and governments have taught you that your "sexual self" is bad, dirty, sinful and out of control. Little girls and boys learn to stop these powerful, creative aspects of self at a very early age. Just as soon as your little hands, goes to you know where, judgment comes upon your whole being. Henceforth, when you start to experience excitement, arousal, sexual feelings, desire and urges, you do not feel safe. Instead you experience anxiety and fear.

Those of us who have enjoyed many relaxed, long hours of pleasurable, healthy and sin-sational sexual experiences, had to face our fears and anxieties. Even so, we sometimes experienced shame, blame, disgust, judgment and guilt. This is true even in a long-term committed relationship.

The "mechanic sex" I talked about last time, a fast paced, no feeling sex is a way to avoid experiencing your uncomfortable feelings. Your body is full of shame, judgment, guilt, fear and anxiety. Doing it fast is a temporary fix. Mechanic sex prolongs the inevitable and keeps you from having more pleasure. Therefore, if you want to be "sexually fit" you have to deal with what is really happening in your body and heart. You cannot expect yourself to suddenly jump over your "guilt conditioning" and enjoy beautiful, divine sex with love and bliss.



your sexual self, instead of what you have been taught to do.

Love feels good and bears sweet fruit.

"WHAT IS"

Close your eyes so you can feel more with your body and sense more with your senses.

NOTICE WHAT YOU ARE:

- 1- Thinking....be honest...note critical thoughts.
- 2- Feeling.....can you sense any movement separate from a thought?
- 3- Scan your body for information--cold, tight, hot, numb.
- 4- Put your awareness outside of yourself and observe your body, what do you see?

Shake the tension out of your body, take three deep breaths and slow everything down. Repeat the observations above and note any differences. Do twice a day to increase awareness of valuable information about your physical and emotional realities.



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Be honest and real. Whether you are a young, budding testosterone, overwhelmed adolescent or an aging, single lesbian, you have to deal with the same stuff. We are all in this together.

A Catholic, male body that has learned that sex is disgusting and sinful cannot suddenly let go and let pleasurable energy move in and out of his temple. The priest is right there with him, waiting for his confession. A Muslim who has learned that her female body has to be hidden so as not to elicit male arousal cannot transform her shame into sexual abandonment immediately. She fears the consequences.

To become "sexually fit" takes some serious self-improvement. To help you succeed, I am going to share my signature mind-body exercise. It is called "What is." Read the side bar and try it out. Do this exercise at least twice a day to become more aware of your real thoughts and feelings.

Adding this valuable information of "What is" to your awareness of what turns you on, increases your knowledge base. Therefore, you have instant feedback that tells you when you are doing things that increase your health and when you are engaged in activities that decrease your vitality. For example, if you are engaged in an activity that is decreasing your arousal, take a look and see why it is dropping. Is it an outside factor, an inside stimuli, judgment, thought, guilt or a false belief?

On the other hand, if something is arousing you, enjoy it as long as you can. When you start to experience anything that is uncomfortable take a deep breathe and stay with yourself. Do not start moving fast to avoid it. Becoming aware of "What is," helps you move above and beyond your knee jerk reactions into self help observations. You can learn how to keep your sexual self-safe so you can savor your arousal for longer and longer periods of time.

Till we meet again, please enjoy and explore your arousal level and practice tapping into "What is," really happening in your mind, body and genitals. Try sending some love toward