

Sexually **FIT**

by Doris Jeanette, Psy.D.



in body, mind and spirit. Getting healthy has many positive side effects.

Having been a sex therapist for 30 years, I find that most of the physical inhibitions that are in our body are the result of poor sexual health attitudes. Our false beliefs and learned, conditioned responses keep us from having peak experiences like this on a weekly basis.

Centuries of misunderstandings and misinformation have left us afraid to trust our body, emotions and sexuality. American Puritanism took the human species to a new height of sexual, self-rejection. The results of this high-pitched anxiety are still affecting our current inability to embrace real sex. Religions and governments have successfully scared us into thinking that sex is bad, dirty and unhealthy.

When the truth is exactly the opposite. Your sexual energy feeds your life force. It is the root of your health and happiness. If your sexuality is sluggish, you are sluggish. You are depressed, anxious and unfocused. On the other hand, if you are sexually alive, you have enthusiasm, vitality and charisma.

So, I take great joy in helping everyone achieve vibrant sexual health. It is one of life's most delicious pleasures. When you are sexually fit you are emotionally, mentally and physically healthy. You love other people and treat them with respect and dignity-- as you do yourself. There is absolutely no doubt that loving, sexual energy greatly improves the world.

To lay a solid foundation for achieving your signature brand of sexual fitness, let me begin with this valuable bit of information. It does not have anything to do with intercourse. No, it does not. Neither does it necessitate any sort of activity with same sex partners.

This is very different from what you have been taught, so listen up. Your sexual fitness does not depend



My masseuse was kneading a chronic, tight, hard knot in my left arm. As is my habit, I was breathing and feeling, trying to let go and relax to a new and deeper level.

She put pressure into one of my arm muscles and stretched it out. Boom. A rush of tingling, exciting energy ran down my whole left side. Wow! Fresh, thrilling energy moved through those pathways that had been shut down to tariff for, I am -not -going- to -tell -you how many years.

I must confess, that I live for this type of experience. I love the sensations of being alive, turned on and glad to be here. Health Cornucopia is the means by which everyone can achieve these new adventures



on any other person. It is totally and completely within your power and control. Your sexual health depends on how much and how often you allow your physical and emotional energy to move through your whole body. It is that simple.

Please notice that my definition of sexual fitness is not the same as "The Image" we have been conditioned to believe is sex. You know, the stuff that sells cars and fills up movie screens. I call this learned, fake stuff, "Mechanical Sex." Push a few buttons, do some heavy breathing, throw in a few kisses and have an orgasm. Not very fulfilling.

You feel insecure and drained after these encounters because Mechanical Sex does not add to your happiness or health quota. Stay away from that activity if you want to be powerful. Learn your lessons from Bill Clinton, the sexy saxophone player.

Mechanical Sex can result in loss of power, premature ejection, sex addictions, inability to get turned on and other pesky problems that stop you from really enjoying your body, sexuality and love making.

So the bottom line is that you do not want to waste your juicy, vital energy on another person. Instead you want to keep it for yourself. This energy, the same energy that ran down my whole left side, feeds your life force. You need your fire, drive and passion for your own daily adventures.

Then your whole life can be exciting and creative. You can focus on opening up more tariff lanes in your body for future enjoyment. Your sexy energy is the magic that improves your health and makes you successful.

Yes, it even improves your ability to make money. Read Napoleon Hill's classic self help book, "Think and Grow Rich". Notice what he says in the back of the book about the sexual health of rich men. Despite the obvious weakness of not including women in his studies, he is the only author I know, that understands the real purpose of sexual energy.

When you keep your sexual energy anchored in your body, you have all the enthusiasm you need to exercise, create, make money, heal people, dance or fulfill your purpose in life

Of course, any time you want to, you can also make love with another person. But do not give them your energy or let them drain you. Nope, it must be an equal exchange or hold out for a more sexually fit partner.



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