



Fulfilling physical intimacy - a gift from heaven

The attraction between the sexes is a natural, divine force, ensuring that our species is preserved. But this is only one side of a great miracle. What are the conditions for true, fulfilling intimacy?

Self-love: If you accept yourself as you are and don't let yourself be influenced by the misleading images in the media - dictated ideals of beauty or behavior - and always take the time to find out what makes you feel good, you can satisfy your physical needs yourself and set healthy boundaries when it comes to physical contact. You won't let a partner do something you don't want. On the other hand, you will appreciate and maintain a relationship in which you are treated respectfully and mindfully when you are naked, and therefore vulnerable. You will also never develop a dependency on a partner because of sex. If you know what gives you pleasure and well-being - no matter if man or woman - you don't have to stay in an unhappy relationship and you don't need a partner to relax physically.

Open communication: Neither women nor men are born thought-readers. Remember the time when you discovered your sexuality, explored it with others, or learned about it in the available media. Today, young people are exposed to an abundance of media that provides not only enlightenment, but confusion and uncertainty for many. How a man or woman reacts physically is and remains very individual. It is part of a living relationship in which it is duty and pleasure at the same time to explore the physical preferences of the other in order to make the connection even more harmonious. This can be done with gestures and/or with words. Open communication needs trust and honesty as a basis and can be improved through practice. This requires patience and - depending on your personality - also overcoming. But the effort is worth it!

Trust: Sex takes on a whole different dimension when there is absolute trust between a woman and a man. This must be worked out, through truthfulness in words, actions and consistency. If you are a woman, you know that it takes more than just physical stimulation to be able to open up - literally. Cramping and pain during sex can be symptoms of trust not being there (anymore). It may have been gambled away carelessly. A man will notice the difference if a woman can give herself - wholeheartedly. A happy physical relationship is always the result of a trusting emotional connection. Therefore, good sex is not a question of age or hormones. Fulfilling intimacy between partners is neither a question of frequency nor of permanent fiery passion. It deepens and grows over time, and sometimes tenderness dominates passion. The very happiness remains: It is the touch of two souls merging.

The divine spark: Even if a man and a woman have self-love, trust each other and maintain open communication, the result does not have to be a fulfilling erotic love relationship. How such a one comes into being, which powerful, divine elemental force is inherent in such a one and how lovers pass this energy on to their fellow human beings as charity, is and remains, despite all research, a magic, a mystery and a unique gift, which many painters, poets and musicians have tried to describe through their works since time immemorial. Rock'n Roll also originated out of it ;).

https://www.youtube.com/watch?v=ck7A7GvvrTc_

<https://www.youtube.com/watch?v=v0HEZ8HY3Qw>

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