

#3 Sexual Touch

SEX. Just seeing the word in print can unleash a flood of images: naked bodies glistening with sweat, deep, slow, passionate kisses, romantic encounters in exotic places.

If you skipped ahead to this section, great! Your past experiences and values have a strong impact on the way you interpret and utilize the information in this section. A receptive attitude about touch can have a positive effect on your sexual experience.

Sexual Touch evolves out of Special Touch. Sexual Touch is defined as touch which has sexual intention and includes genital touching. Since all forms of Vitamin T exchanges require permission, both partners must be in agreement before crossing the sensual/sexual boundary. Sexual Touch is a model for healthy sexuality based on Vitamin T concepts and provides a language for explaining a fresh look at an old subject.

It is no coincidence that the most intensely pleasurable form of skin stimulation results in the reproduction of the human species. Sexual Touch provides one of the greatest opportunities for skin-to-skin contact. When we become sexually aroused, we experience a heightened sensitivity to touch over the entire body. All parts of the body become erogenous zones, not just the genitals.

Sexual Touch emphasizes love and communication. Physical, emotional and spiritual intimacy issues from a willingness to open to new ways of sharing pleasure. Healthy sexuality embraces both sensitivity and creativity. Couples need to define the type of sexuality that works for them.