

#8 Maximizing Pleasure

Pleasuring is based on a couple's commitment to mutual enjoyment. The decision to share Pleasure requires an agreement to create a time and space in which both partners feel safe and comfortable. It involves taking a break from the pressures and problems of daily life that tend to pull a couple apart. Discussions about bills, kids, chores or work need be postponed for a different time and place. Do not bring these topics to bed with you! By creating a wealth of pleasure in your life, the proportion of pain to pleasure diminishes.

The willingness to set aside time for play, rest and enjoyment must be based on the belief that you and your partner deserve pleasure. To strengthen this deserving attitude, consider repeating the affirmation "I deserve pleasure."

Create an atmosphere conducive to Pleasuring. Make sure the environment is inviting by adjusting lighting, temperature or background music. Remove possible distractions such as phones ringing, loud noises or interruptions. When you bring pleasure into your life, you are making a conscious choice to attend to the present moment.

Do whatever is necessary to make sure your bodies are as comfortable and receptive to pleasuring as possible. If there is any discomfort caused by the position of your bodies, explore ways to change so that both of you are comfortable. Be aware of any physical tension or pains in the body, like back pain or headaches. Try some massage to relax tense areas. If there is pain or dryness in the genital areas, find ways to increase moistness with oil, saliva or other lubricants. Make sure that each of you is receiving Sexual Touch in a way that feels just right.

Communication between partners is essential to discover the appropriate level of Sexual Touch to be shared. Respect differences in style and rhythm. Be flexible to allow for changes in your needs or those of your partner. Get in touch with what you want for yourself and communicate with your partner. When both partners get what they want, pleasure is maximized.

"Pleasuring strengthens the bond of a relationship."