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abcd26. Attitude on Erotic Rekindling
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In a relationship we all seek security, but then fall into the big rut with our partner. Time might heal all wounds and time might wound all heals, but time also erases erotic ecstasy, the big EEE factor. We get used to predictability and constancy. We fall into the doldrums and our senses become dulled to our partner's needs and our own needs. Routine and boredom grasp us in a death grip and slowly twist the life out of us.

Now some might say this is just genetics taking its toll. Survival of the species requires much genetic mixing and boredom is a genetic sign to move on to other partners. Well, humans have a way of overcoming their genes. We have an ability to knit into cohesive communities that give us more security against the elements. Locking into long term partnerships is one way of fostering a cohesive community.

And so, we ignore our genetic drives, or at least some couples do, and stay together for long periods of time, sometimes a whole lifetime. Our genes though have turned OFF. No longer is the erotic passion needed to foster coupling. But, and this is the big but, erotic passion is fun. The sense of mystery and raw energy invigorates us. How to get it back and at the same time retain our well-calculated plans to stay united in a coupled relationship? Ah, that is the question.

Guided Imagery

First understand that men and women are different. Ah, 'Viva la différence'. Recall that men like to watch but, women like to do. With that cue in mind you can fashion scenarios for role playing that are only limited by your ability to imagine new things to conjure up. One neat trick is called guided imagery. This is used extensively in relaxation therapy, but can also be called upon to deliver in the bedroom.

Women like romance as pretty much everyone knows. During the earlier passionate times when the juices flowed readily and erotic passion was a given, rather than a 'sought after goal', there were times when the ambiance was just right. Your goal now, as you seek to rekindle that passion, is to reposition your physical surroundings as closely as possible to one of those passionate erotic times and then place your mind in that same memory.

It is the placing of your mind into the memory that is the guided imagery part of this little drill. When you were younger, that's all that was needed to get the ole libido a movin.

Now, though, it takes more. For women it takes doing, and for men it takes seeing. Remember that formula as you will need it often. Pretend you are on a movie set and you have to recreate

those moments. If you combine both the physical surroundings and the memories, you will be successful.

Remember to time things correctly. If either person is sick, depressed, or under a lot of stress, then better to wait for the correct time rather than use this newly learned skill to cheer someone up. This is not a cheer up drill, but a get-it-on drill so use it correctly. Under no circumstances should these teachings be used as therapy to reestablish a dead relationship. Get professional help first then do the rekindling thing.

Plan B

What if you don't have any passionate erotic memories? EEE, then plan B should be flung into operation, toute suite. That means very quickly. CREATE one now. Sit down with your partner and ask what it would take to create an erotic memory with them. Write everything down in a plan. We will call it, you guessed it, Plan B. Purchase what props you will need, set a date, then get on with creating this memory. Incorporate the formula (doing and seeing) into the plan.

Clothes need to be sexy. Ask you partner what that means. You may have to spend some time on this. Once you have the sexy clothes (they are your costumes now) you have to learn two things. Firstly, learn how to wear them effectively. Again, ask your partner. What skin should be seen and not seen? This may be a time to leave your old ways behind and forge new territory.

Take your partner's advice and do it anyway, even if you don't approve. The newness may make you feel different and that usually helps the erotic edge. Remember that men generally like five kinds of women. If you, the woman, can be all five of those then you have it made. This night, you will be only one type. Stick to that type and don't get out of character.

Keep a smile on your face. If you don't know how to do that then learn how. Practice it until it becomes natural then transmute this smile into a 'come hither gesture'. This may take some eye work and body language as well, but these things are for the advanced class. If you don't know about this then go easy on yourself, just grin and bare it. And that brings us to the second concept with regard to clothing.

You will need to learn how to take the clothes OFF. Ah, the plot thickens. What do you mean you have to learn how to take them off? Come on baby light my fire, as the song says. Need I be specific here? Ask your partner what would be the best, most fabulous way to take the clothes off. Blend these suggestions into Plan B. Know ahead of time just what you are going to do, then do it according to the plan.

The Secret Key

Is there a secret in all of this? Yes, most certainly, and the key is this. Do not criticize your partner. This is the nail you want to hit right on the head. Do not criticism in any way shape or form. No insinuations, no minor insults, no jokes at the others expense, no derogatory comments of ANY kind.

You will treat your partner as though you were at a splendid public function with many dignitaries listening in. Be polite, helpful, supportive and loving. You will need to leave your old nagging ways behind for this night. This is the ultimate secret. You may be surprised at how difficult this may be. It is very easy to slip back into the old ways of talking to your partner.

If you wish to rekindle passion then you will absolutely have to drop your old familiar tendencies toward each other. Think out every word you say before you say it. Search for words that specifically support your partner in their endeavour to turn you on. If you are able to break through the barrier of familiarity and launch a new awareness of your surroundings then you may just get hooked on it.

You may decide that hey this is a good way to behave all the time. When that happens, the erotic messages will come through fast and furious. You will have new problems to face of being sexy ALL the time.

One day you will realize that some plans are meant to be broken. When that happens, the thundering hooves of stampeding libidos break loose and the erotic fires of passion flame up in an all consuming desire to get it on, or so the movie goes anyway.

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