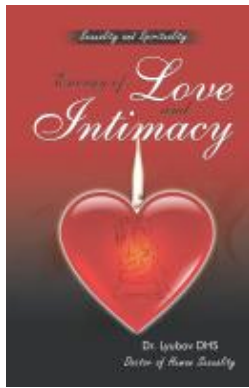


Sexuality and Spirituality

Energy of Love and Intimacy



Dr. Lyubov DHS
Doctor of Human Sexuality



This is Dr. Lyubov's book in the ongoing series, Sexuality and Spirituality. Here, she shares her point of view on the metaphysical and physical connection of important aspects of human life: spirituality, soul, body, heart, mind, thoughts and feelings. For many readers, Dr. Lyubov's perspective may be new and even strange at first glance. However, this information will profoundly touch your mind, heart and body. The truth in these pages cannot remain ignored in any way.

Energy of Love and Intimacy

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Energy of Love and Intimacy

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Introduction

For the vast majority of adults today, sex is an act associated with physical, emotional and mental pleasure. It's intense, connective and largely enjoyable. Those same qualities also mean that sex is complicated. Why do we sometimes feel empty after sex? Why do we feel disconnected even when our bodies are literally inside each other? Why do some of us have sex with people we don't love, or even know very well? Why does physical connection sometimes even distance two people? Why do husbands and wives keep on having poor, stale sexual interactions that don't foster their feeling of connection with one another?

At the same time, why do we crave physical connection with each other to such a degree? Humans are, by far, the most emotionally demanding species on the planet. We are sexual beings and we're the only species that engages in sex for enjoyment. We definitely don't save sex just for procreation. It means way more than that! Deep down, we all know sexuality has the potential to fuel life's continual adventure toward inner wholeness, connection and sharing with others, and spiritual growth and fulfillment.

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In this book, I'm going to lead you into a journey of pleasurable discovery you never realized was possible. Your mind, heart, body and soul are involved in your sex life, whether you aware and like it or not, whether you're single or in a relationship.

As a Clinical Sexologist, I know how to explain the interactions between psyche, spirit and body. With years of practical experience helping individuals and couples learn to pleasure each other physically and connect in an energetic way, I bring detailed knowledge about men, women, their bodies, their requirements for arousal and full body orgasm, and how it all connects to the exchange of magical, intense energy between them.

We are creatures with the capacity to take intimacy out of the realm of mere biology, instead experiencing it as a pathway to increased spiritual wholeness. Yes, we can have cheap, repetitive, unsatisfying or uncomfortable sex, even frequently, and deny the pain, frustration and emptiness in our lives. Or, we can seize the opportunity to make sexuality a cornerstone for spiritual growth, exploration, security and freedom. Thankfully, each person can choose consciously to do this in connection with another. That's the beauty of sacred sex.

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Simply stated, the sexual energy is life energy. A man carries this potency within him as a hot, upward vibration that emanates straight from his genitals and expands out to penetrate the world. A woman holds it as a cool, calming strength that always draws the mood in and downward to peace. If and when these energies balance each other through conscious sex, the result is not only more joyful, exciting and lasting sex, though that does happen. Even more importantly, the life energies of the man and woman exchange something spiritually vital. They replenish and refresh one another in relationship.

The art of lovemaking has a long history. Human sexuality has faced numerous challenges and moved through vast changes: from open worship of female sexuality to the deep repression of the cold Victorian period, to the sexual revolution and its modern result of complete sexual permissiveness.

Today, people are looking for more than a practical partnership; they want a harmonious and satisfying relationship. If something is missing in a relationship, a man or a woman looks for it outside of marriage. It's so easy nowadays for a person to make these life decisions very quickly and easily: "I've met another person, I love her/him, I am divorcing you."

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In a long-term relationship, two people openly discuss many things. They talk about whether they want to have kids now or later, and how many. They talk about living arrangements: should they buy or rent a house? They talk about how to spend money to provide good care for their kids and family. They buy nice furniture and decorate their rooms. And when they purchase a bed, maybe they have erotic dreams about how happy they'll be in the bedroom.

Unfortunately, for many couples, these dreams never come true, because the lovers never express their sexual fantasies, desires and dreams. Everybody expects that the other person should understand and give him/her pleasure in the way they want.

Unfortunately, nobody can read the mind of another person. Even if it were possible, what would they find there? If a person has never experienced physical satisfaction (which is very common for many women), these dreams and fantasies exist on an emotional level. It's impossible to imagine in detail what must be performed in order to bring real pleasure. In her dreams, a woman experiences emotional happiness, excitement, joy and bliss. Simply, she cannot recognize that these feelings find their roots in physical pleasure.

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Society, parents, school and church have successfully oppressed human sexuality, so much so that people feel very uncomfortable talking openly about their sexual needs. No one teaches us how to enjoy intimacy and make love. As a society, our collective lack of knowledge causes us many different issues in all aspects of our lives.

Today to have a satisfying relationship, it's not enough to engage only in physical sex. Each one of us is looking for a soul mate. But what does it mean to be a soul mate? How do we create and develop that sort of relationship?

This book is an open-hearted conversation about sexual relations. You will learn how to create the type of satisfying intimate interactions that keep two people together and coming back to each other again and again. Even after many years of marriage, a man and woman can be as attracted to each other as they were on the first day of dating!

It's my intention to remove the embarrassment from this topic, one that is rarely talked about within families or at school. Intimacy is essential for building a harmonious life full of happy relations with a beloved one.

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I'm going to illuminate the special relationship between men and women and between husband and wife. I'll describe how to restore the loss of universal harmony, about the proper roles of male and female, and about the necessary ability to give and receive pleasure.

Chapter One

Is Porn the Right Sexual Partner?

The basic premise of this book, *Energy of Love and Intimacy*, is that human beings are much more than physical entities. We have a well of positive loving energy right inside our own bodies that we are free to tap into anytime, by ourselves or in connection with another person. This internal source of energy develops in our sexual organs and spreads throughout our entire body, if we know how to realize and harness it.

The purpose of this book is to help you come to an awareness of your sexuality and its phenomenal importance in your healthy development as a person. You'll learn how to create and sustain intimacy with your partner by managing physical, mental, emotional and spiritual energy. It's a matter of self-education, knowledge and skills enhancement. This book gives you what you need to explore all of these.

Intimacy is a Fusion of Physical, Mental, Emotional and Spiritual Energy

Given that you are much more than just your body, you might already have a sense of what

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kind of sexual partner pornography makes. If sex is about connection with yourself and others, becoming intimate, how does porn fill that void? With images and ideas that promote an aggressive, negative, unloving mentality toward sexuality in all its amazing potential. Do we want to engage in pornography as the highest expression of our sexual selves? Sure, it's available everywhere. It's easy to get off on it. But how does the reliance on porn affect the social values handed down to the next generations?

Society and the church define and uphold the family. School systems support and even develop the family's mores and values. Parents and social institutes teach new generations many good and necessary things about life, including how to navigate through social and personal relationships. Real life experience and sexual knowledge, however, young people usually get on the street and today on the Internet. And unfortunately, "The School of Hard Knocks" does not have real value. And what is the most valuable? The most important element of life is found in an intimate relationship between two people, a relationship full of love and sharing energy based on knowledge and experience. If people are not completely satisfied with their intimate life, it's proof that something has gone missing. But what has been overlooked?

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I view intimacy as a fusion of physical, mental, emotional and spiritual energy. Over many years of clinical work in the field of human sexuality, I've used spiritual perspectives like Taoism to find answers for questions about developing a richer intimate life. In romantic novels and movies, heroes are limited to passionate kisses. The next shot reveals the characters awake in the morning, happy and satisfied after a stormy, unforgettable night of lovemaking. Never do you hear a detailed explanation of what happened to make them so happy. That's the real mystery!

Pornography gives us the direct, provocative performance of the sexual act, but it's far from reality and strangely lacking in joy and happiness, both during and afterwards. Medical books provide information about sexual anatomy and physiology; the actions necessary to make a baby, but they give no guidance on nothing about getting pleasure.

Intimacy is a complicated "lady"; if you want to be good friends with her, you've got to be on the same level. Lovemaking is a conscious process. To be a good lover, not merely a performer, you have to learn and develop lovemaking skills, step by step. And believe it or not, this is possible!

Historically, at least for the past two thousand years, female sexuality was subject to a much

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deeper oppression than that of males. Social institutions like church and family created a broad opinion: the women exist for serving and satisfying male sexual needs. It may seem logical that women expect a man to take the initiative and perform everything properly. He is a man! But where should a man get real knowledge about how to make love properly?

In today's highly informative age, a great deal of expert knowledge is available, and we're lucky that lovemaking is a learnable process. Both men and women should learn these skills. To be good partners, the two should not only be on the same sheets, but on the same page, too! Let's start right at the beginning.

What is Sexual Health?

A happy, intimate sexual life is what people dream about! Do you want your dream to come true? The sex life is an essential part of a human life; it is a main source of pleasure, the foundation of self and being, the basis of the formation of affection and love. It's the dream of every modern individual to become a perfect lover and reveal your sexual potential; to deliver maximum enjoyment to your partner and receive as much as possible yourself in the sexual sphere.

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What do you want for a satisfied, happy life? *A good family and kids! A lot of fun! A good job! A lot of money!* What do you need to have what do you want? *Good health!*

Sexual health and a happy sexual life are the essence of good health and general happiness! If you're paying attention to your sex life, basing it on your connection to your partner, you are guaranteed to be a happier, more fulfilled person. Everybody wants to be sexually active. Nevertheless, to be sexually active, you have to be sexually healthy. Sexual health is a state of physical, emotional, mental and social well-being related to sexuality. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences free of coercion, discrimination and violence.

It's Sexy to Be Healthy

It is only now that has been discovered the important role the sexual health plays in the development and maintenance of human physical and mental growth. It's a key part of our identity as human beings, together with the fundamental human rights to privacy, a family life, and living free from discrimination.

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The truth is: it's sexy to be healthy! No secret, an aching body prevents us from running, jumping, dancing and playing, but also from giving hugs, kissing and lovemaking. Keep your body in good general health, which gives you a source for enjoying life and intimacy! Sexual health involves a balance between the mental, emotional and physical elements of your inner self and those of your partner. Life is a dance of vital energy, and so is lovemaking! Let's face it; sex is one of the most intimate and pleasurable of all human experiences. However, it inevitably risks becoming an area where many of our relationship problems surface. If you've found yourself in this area of sexual difficulty, consider yourself far from alone. Most committed relationships struggle through problems at some time or another, often involving sexual issues that relate to sexual behavior and sexual health.

The central issues that cause couples to become distant and silent are those of intimacy and love. Intimacy is the ability to open up to one another both spiritually and physically, and learning how to be intimate poses a difficult task for many. In fact, it takes most couples years to align their sexuality and intimacy so they can reach a state of true sexual health. Couples, who seek outside professional help for their relationship and sexual health issues, have a much higher success rate at

resolving their issues and staying present in their marriages.

Western Perspectives

Anthropologists have shown that the logic of humans regarding sexual behavior varies widely from culture to culture; what is rational behavior in one tradition is not necessarily rational in another. Like other types of behavior, various religious and cultural groups attempt to persuade or force others to behave according to their views of sexual morality. Various groups amongst followers of Islam, Christianity, and Judaism all do so.

Is sex inherently evil? Some cultures would be surprised by this question. Such a thought would never cross their minds. However, Christianity's answer to this question has been clear for many centuries: sexual desire is dangerous and illicit. Sexual desire is aroused in human beings at the age of puberty. The sexual needs of human beings and beliefs are natural instincts, so they should be nurtured. But Western culture has tended to equate sex with evil or sin. In this way, natural human basic needs have been suppressed.

Sexual suppression caused the backlash of a sexual revolution and raised questions about

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sexual freedom and experience. Ancient Oriental teachings neutralize the need for a sexual revolution in a sexually free society. In the past several years, the sexual morality of the West has undergone a great change, also commonly described as a sort of "sexual revolution ". From the ruins of a dying Christian morality, the west is trying to build a liberal sexual morality known as the "New Sexual Morality".

Today in magazines, films and television commercials, our eyes are bombarded with images of gaunt women with enormous breasts being worshipped as the perfect expression of the female form. In today's world, plastic surgery is rife, not only with breast implants, but also bum and lip implants, liposuction, facelifts and skin burning. These procedures are performed daily on a global basis. Everywhere, we see attention being diverted to the exterior manifestation of the body, and away from the simple but powerfully positive energy and feelings associated with real sex, true intimacy and love.

Western sex education illustrates the underlying approach to sex that prevails in our culture. People are taught only how to prevent themselves from conceiving a child while doing it. Psychology tells us that love is nothing more than the release of certain chemicals to which we are addicted.

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The existence of the energetic body, studied since antiquity by Oriental cultures, is roundly denied by Western medicine and thought. People are not taught how to be intimate with their own bodies, or with others. I believe that to understand the social and historical background in which the new morality is emerging, people must study the sexual morality of ancient Oriental culture.

The Sexual Revolution and the Birth Control Pills

Birth control pills and the sexual revolution of the 1970s brought sexual freedom. That was defined as being able to have sex whenever you want and with whom you want. But the big question was, and still remains: does promiscuous sex make people happier and healthier? Were the sexual revolution and its resulting freedoms in the West worth it? These are the questions that must be asked.

By allowing sexual freedom like premarital sex, the West has created the problems for itself, including teen pregnancies, single moms, HIV and other sexually transmitted diseases. The sexual revolution ended, or at least caved in on itself, with the advent of AIDS and other fast spreading venereal diseases. Many people have

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already died and the amount of infected people is dramatically increasing every day.

Birth control pills, though they provided women with more power over their reproductive systems, misbalanced a natural cycle of hormone levels in the female body. This misbalance successfully prevents females from getting pregnant, but unfortunately at the same time, it causes her to be less receptive and open. What she gives up in receptivity, she also sacrifices in pleasure, orgasmic discharge and the true enjoyment of intimacy and closeness. Pills do not make her more sophisticated at providing sexual performance or at giving and receiving intimate enjoyment. Only female sexual activity was enhanced by sexual revolution, as many females discovered and increased value of sensual pleasure.

One of the sexual revolution's most important manifestations is the emergence of a new type of woman. Most of today's young women want to have positive and active sex; they do not consider sex something that they do for a man. They do it, first of all, for themselves and for their own sensual pleasure. Many women today do not expect an invitation from a man, which they graciously accept or decline. They actively and even too directly offer themselves to whomever they wish to have sex with. Today,

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women are more experienced sexually, and don't feel the need to conceal their experience.

Is this a right way to explore and enhance the freedom of human and female sexuality? Does this kind of freedom make a woman happier? It's a big question. The practical realization nowadays is that more than half of young women aged 20 to 30 complain about long breaks from sex and a lack of standing partners. They are frequently in a state of dissatisfaction because of self-ignorance and an insufficient number of sexually well functioning men.

There is only one way to make both parties happy and satisfied. It is self-education, because the lovemaking process is a conscious one that requires knowledge and a set of skills. Women should understand and accept that nobody is responsible for their healthy sexual life and pleasure; only they are.

One more aspect of the sexual revolution: in the old days, the chance of getting pregnant made young women more cautious and prevented many from engaging in promiscuous sex. Now, they experience less of a barrier. In those days, to prevent pregnancy, partners used condoms. Today a woman can be on birth control pills to prevent pregnancy, so she avoids using a condom. In this case, young people forget that

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using a condom is necessary to protect against the spread of STDs. The dangers of sexual "freedom" are great, in so many ways.

Aside from massively widespread issues of erectile dysfunction and premature ejaculation, prostate cancer is extraordinarily common in men and ovarian cancer very prevalent in women. It's no wonder that sexual health problems are rife in our world, with such a distorted and perverted view of sex. Looking at modern approaches to sex and intimacy, then, is it not surprising that there exists a massive amount of sexual disease and dysfunction in today's society?

Emotions Affect Physical Performance

Many spiritual traditions have known for centuries that our mental health governs our physical health. Mental problems and problems with the way we live can and do cause physical ailments which can be treated, just as they are caused, by the mind and the soul. The vast majority of faith traditions, particularly Taoism, point out that negative emotions have a physiological effect on us and can be extremely dangerous if they get out of control. Negative emotions have negative effects on internal organs and glands, which are related to sexual behavior. These emotions drain our life force and diminish our overall health.

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Today, *there's no doubt that the psychological state of an individual plays an important aspect during sexual arousal.* Emotional factors such as anger, sadness, and passiveness may often influence a sexual response. In addition, other factors such as environmental surroundings, financial difficulties, stress or excessive workload may contribute to a decreased desire to engage in sex. Some individuals may also have relationship problems or past sexual traumas: either physically or psychologically. All of the above factors may have a big impact on sexual desire.

In our hectic society, we experience negative emotions frequently. And, unfortunately, we are not taught how to deal with them effectively. Taoist Sexology recognizes emotions by their effects on the body, and employs exercises that transform these negative emotions into a positive life force. Just think about it. By learning how to be more balanced and fulfilled in your sex life, you'll also discover how to better manage your negative emotions; as a result, you'll be happier in bed and out of it! The coming chapters will show you how to use positive life energies to improve your love life, sex life and life in general.

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Performance: What Have We Missed?

As you can see, a person's general life and sex life are not as separate as many have been persuaded to think. The fact is, when two people are living together, it's of crucial importance that their sex life is healthy, satisfying and fulfilling for both parties. Sexual orgasmic energy fills your body with life force essence. If a man is unable to bring his woman to orgasm, it is unsurprising that their life together may suffer as a result.

I believe our culture missed vital steps in developing happy and healthy society. Once a child is born, he has an innate sense of needing to be loved. If he cannot satisfy that longing for closeness by being touched and held, this person will not develop in a healthy way. To be held and touched is the only way that an infant can gain the knowledge that she/he is loved. As the child grows, she'll begin to try to express her own love in return, reaching out to touch others.

The eroticism of the skin is not merely a matter of physical arousal, but is fundamentally connected with our need to love and be loved. All of us seek the touch of love. We all seek to hold and be held by another human being, not just because it feels good and pleasurable, which is absolutely wonderful, but because it's the most

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concrete way to engage in an intimate expression of love, satisfying our own and others' needs. It's very important to ensure that children receive this kind of nourishment. Never discourage the pleasure of physical touch or try to eliminate it from your kids' lives.

Where and how can we start the tolerant process that the pleasure of touch is our birthright? Since intimacy and lovemaking are conscious acts, in my opinion, it makes sense that the educational process should begin with the mature generation: the parents. Once parents become aware of spiritual transformation through physical touch and sexual purity, they'll be able to talk with their kids honestly and openly about sexuality, creating valuable continuity through generations. Once parents adopt these values toward physical pleasure and intimacy, society is free to enhance children's self-awareness through formal programs. Can you imagine the peace and stability that would result after a few generations learned about how to manifest and connect their love with other people?

First, self-loving courses should be in elementary and middle schools. The young generation should learn, explore and enjoy their own bodies, thrilling with new experience and excitement. To master these skills, learning more about how to manage and control this excitement, students

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should have courses during high school. In college, students should learn the higher skills of giving and receiving pleasure, feeling energy movement and enjoying the silence of tranquil closeness. They should be taught to treat sexual purity as the core of being human.

Why Porn is Not a Good Sexual Partner

Lovemaking is a conscious function. To be a good lover, an individual should possess a sufficient amount of knowledge. There are so many reference materials out there that deal with physical erections. But you need information that deals with the sexual side of your mind because physical pleasure for humans is rooted in the mind. Unfortunately, many people gain their sexual education from pornography. Now, I want to explain why this is not the best educational source.

Penis size is a very important source for a male self-esteem and self-confidence. Usually, all male porn stars have gigantic penises measuring eight inches or more. In real life, the average penis is six inches long and believe me, a penis size is not the major source of pleasure. In porn, a man usually stays hard and performs for as long as thirty minutes, sometimes even longer. In movies, usually, all the attention focuses on the male; the woman pleases the man, she takes a

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long time giving him oral stimulation. Then, he performs a long period of intercourse.

When sex happens in real life, it's not like in the movies! In reality, when a man is performing the sex act, he finishes very quickly. To get aroused, the female needs more foreplay time for stimulation than the male. Therefore, the movie actions should be reversed; pay more attention to pleasing the female. Comparing real sex to what you see in the movies can only result in frustration, embarrassment, low self-esteem and lack of self-confidence on the part of one or both partners. These feelings of disappointment can lead quickly to sexual dysfunction and/or erectile dysfunction and/or premature ejaculation. The result? *The male is neither a healthy man nor a happy person!*

The same incorrect picture is formulated in the female mind. Most porn female stars have big boobs. In the movies, females always have quick, screaming orgasms. A woman's role in a movie is solely to please the man. In real life, a woman looking for that movie star screaming orgasm is going to be very disappointed if she doesn't reach something that feels as intense as that seems. The results are the same for both men and women: frustration, embarrassment, low self-esteem and poor self-confidence.

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Dissatisfaction leads to sexual dysfunction and a low sex drive. Her mind will be curious: "Is something wrong with me?" In order to get the answer, she moves on in search of a satisfying sexual experience with more sex partners. Maybe she receives endless sexual experience, but is unsure that she's getting the rewards of a satisfying intimate life. As a result, the female is not a healthy woman and she is not a happy person.

Delayed Ejaculation

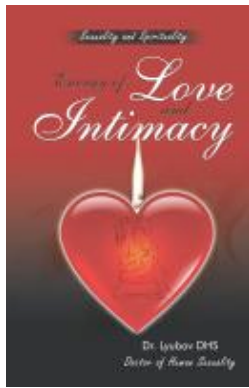
To find the right intimate partner isn't an easy task, hence, many men enjoy self-pleasing while watching pornography. First it sounds fun, but later the habit of watching porn and masturbation will turn into addiction, causing mental, emotional and physical issues. One of these is delayed ejaculation. A man may be able to get hard, but not ejaculate. The treatment of delayed ejaculation takes a much longer period of time and it is hard to get a good result.

It is our human birthright to be sexual. The natural human sexual drive, embedded in people on a basic genetic level, motivates a man and a woman to look for the right partner. They are searching for someone with whom they will be completely happy and have a rewarding, satisfying intimate life. This book will open your

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mind and eyes to the possibility of a happy intimate life, and help you to fix the difficulties in your personal sexual life. It will help you develop beautiful relations and become a happy couple. You'll learn to have an enjoyable, healthy and very reciprocal love life.

The modern science of Sexology is able to transform every mentally healthy person into a perfect sexual creature: every man into an excellent lover, every woman into an ideal sexual partner. If you want to be sexually happy...Be!



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