

Over-The-Top Ten Ways to Authentic Intimacy

Sensual and Sexual Pleasuring from the Feminine Perspective

By Minx Boren PCC and Marsha Lehman M.Ed.

Hmmmmmm... authentic and intimate connectivity? What on God's green earth is that about? First and foremost, it's about paying attention to the fact that we really are here on God's green earth in physical form having a physical experience... actually, lots of them. So this *connectivity* is a way of coming together ready to have a sensual and sexual experience that honors and celebrates one another fully and the spirit that each partner embodies. To be *authentic* is to deeply know and appreciate who we are while to be *intimate* is to express this knowing to another. It is through these two qualities that we can create true connectivity, which is to say passionate connection through shared activity.

To both give and receive pleasure are among the great blessings of life. They are at the core of authentic connectivity and lovemaking. While orgasm has been touted as the be-all and end-all of sexual experience, the truth is that orgasmic experience is about more, much more, than just orgasm. Orgasm is just one ingredient in the elixir known as sensual pleasuring. And, frankly, we the authors, as both women and life-coaches for women, are stand-up and cheer advocates of the fullest possible experience of intimate pleasuring. Although the eldering years of our lives most certainly involve shifts in our physical capacities, including the capacity for orgasm, these same years can also be filled with a richness of pleasureFULL experiences culled from the fullness of the lives we've lived and the depth of feeling we've learned to access and express.

Soooooo, what are these sensual,

sexual pleasures that, from the feminine perspective, are necessary to experience connectivity in all its fullness? Here are ten *over-the-top* requests that we have heard again and again from our women friends and clients who are at midlife and beyond. We offer this collective feminine point of view as necessary ingredients for the experience of connectivity and authentic lovemaking that we are all yearning for in our intimate connections.

Whet my appetite.

Wine me and dine me. Lead me around a dance floor. Take me for a stroll in the moonlight... or even in broad daylight. Invite me to watch the sunrise with you... or a romantic play or movie. There's something about shared one-to-one special moments that gives a woman an appetite for romance.

Tickle my senses.

Let's start with feathers and other whimsical ways to heighten my senses. How about playing beautiful music, whether old familiar tunes that touch my heartstrings or provocative songs from artists like Andreas Boccelli or Michael Bolton. To REALLY get my attention, read me poetry if you dare. (Am I asking too much here?) Something as simple as dimming the lights or lighting a candle to soften the environment can be a tender gesture. And what about bringing champagne or Godiva chocolates to our private party? Ooooooh, better



still, chocolate body paint!!! (NO! No one is ever too old.)

Appreciate all of me.

Exploring nooks and crannies is good...AND I really really need to know that *my* body is what you love to caress. I even want you to say that I'm beautiful and expand loquaciously as to why. Mostly, I want you to

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appreciate me and the wisdom and sensitivity of this body of mine that has experienced so much of life.

Play passionately.

I want you to play with me... passionately. Let's giggle and be silly. We take ourselves much too seriously in the bedroom and think it's supposed to look like it does in the movies. Use your imagination. How can we create our own scene to play? What character might we each play? Or what about charades? Could we playfully pretend that we are animals... maybe a lion and lioness? Let's allow our passion to arise from our playfulness.

Be prepared and be surprised.

Ideally, lovemaking is never quite twice the same. The delicious paradox of knowing my pleasure places while being willing to explore my body as if for the first time... yum!

Go with the flow.

Intimate connectivity involves an ebb and flow of energy. There is a time for leading and a time for responding, a time for action and a time for waiting. What it's about really is being present in the moment, willing to allow the energy of intimacy to carry us where it will.

Speak to me with your eyes...

... and your fingertips... and your lips... and your tongue. There are so many ways to convey how much you care. And, sometimes it's nice when you talk to me as you touch

me. Other times sweet silence is nice.

Hold me. Hold me. Hold me.

Reach out and touch me... often... in and out of the bedroom. Hold my hand. Hold me in your arms. Hold me to your heart.

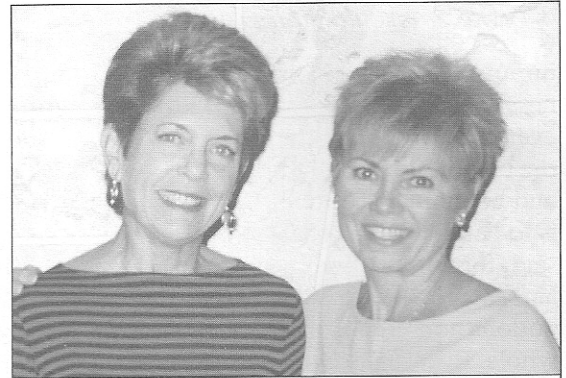
EnJOY it all.

Sometimes it's about orgasm and sometimes it's not. No matter. There is a grace and graciousness in intimate connectivity that allows two willing lovers to find pleasure in whatever is happening between them. Resources that help us to be graceful in lovemaking might include massaging my back, applying lotion to my feet, stroking my hair, kissing my eyelids, rocking me in your arms.

Whisper sweet nothings and sweeter somethings in my ear.

Before, during and after intimate sensual sexual connection are all perfect times for tender talk. We women love pillow talk... on or off the pillow.

So there you have it... ten thoughts about *authentic lovemaking*, the awesome and magical physical desire of two partners to please one another that comes from honest caring and sharing. Perhaps, this *loving sex* differs from "great sex" because it adds the heart and the mind and is experienced not only through the body's pleasure receptors but also in the heartmind as a feeling of bliss and deep connection.



Meet Minx Boren P.C.C. & Marsha Lehman M.Ed.

*partners in
Authentic Woman Enterprises LLC.*

Here we are both 50+ and ripe for adventure. We are over-the-top passionate about the power and poignancy of true connection. We love ritual, light-hearted play, deep self-discovery, and conversations that can change the world. Together we bring almost 20 years of experience as professional coaches, speakers, facilitators, and writers. As partners and sister-friends, we're jump-up-and-down excited about collaborating to bring men and women meaningful experiences that celebrate their spirit. Opportunities include tele-class gatherings on *Menopower® - From Change to Choice, Are You Ready for a FRESH START???* and *Will the REAL Authentic Woman® please stand up!* as well as their newest book, *Hold Me - A More Than Coloring Book* and their latest tape, *Getting in Touch with Your Inner Coach™ About Love*. Please E-mail our assistant Catherine@AuthenticWomanU.com to find out more about tele-classes, live presentations, books and tapes.