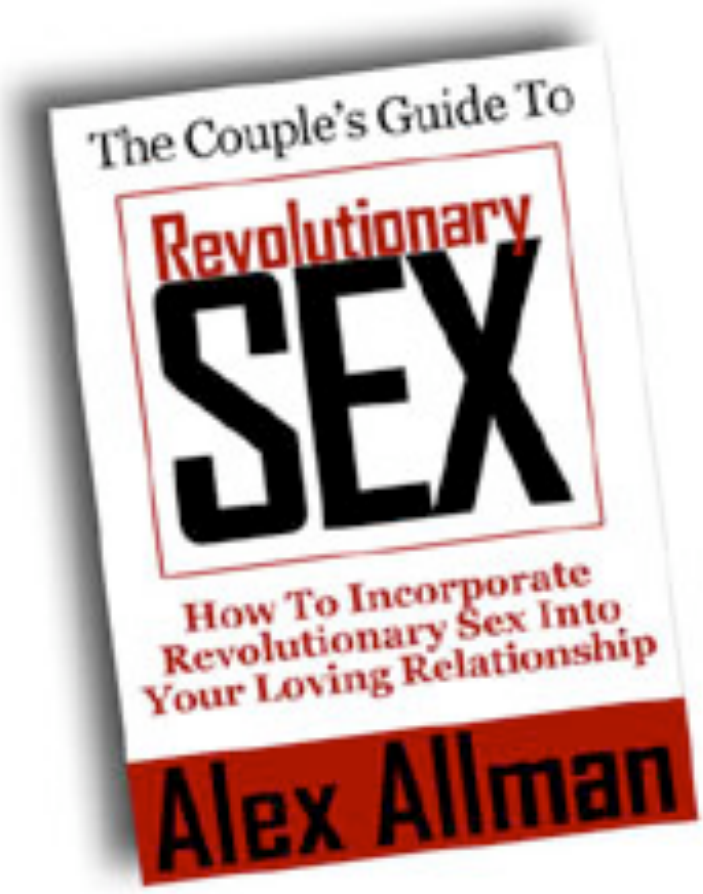

The Couple's Guide To
Revolutionary
SEX
How To Incorporate
Revolutionary Sex Into
Your Loving Relationship
Alex Allman

(For Men)

The Couple's Guide To *Revolutionary Sex*:

How To Incorporate Revolutionary Sex Into Your Loving Relationship

PART 1:
WHY SEX IN A COMMITTED RELATIONSHIP IS THE MOST EXCITING SEX YOU CAN HAVE

Are You Having The Best Sex Of Your Life?

Give me 3 minutes to watch any couple interact and I can tell you how their sex-life is… and, with better than 80% accuracy, I can tell you whether or not their relationship will last.

We have all heard that sex is a "barometer" of relationship health. Which means that if the sex is great, *generally* speaking, the relationship is probably healthy. And if the sex has gotten old, stale, or awkward… it *generally* means there are fundamental problems in the relationship and that the relationship is in danger.

I think that this observation can be taken deeper than that.

I think that bad sex is not just an indicator… but that it can be the CAUSE of fundamental problems in the relationship… and, likewise, GREAT sex can pave the road to a relationship of deeper intimacy, emotional connection, and mutual respect.

Revolutionary Sex is all about creating that kind of relationship through great sex.

I know that a lot of my readers are single. I have nothing against guys that are single, and I was single myself when I first

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started thinking about the book and outlining what it was going to become.

Many of my friends are still avowed bachelors (and bachelorettes) who never want a serious, traditional marriage (or so they say right now… we'll see if they still feel the same way in a few years). But I believe that majority of people, male and female, really want (sometimes secretly) to attract and keep someone extraordinary into their lives, they want that great fairytale relationship—true love with their one special soul mate.

Relationships like that, as it turns out, are both more difficult and more rewarding.

But one of the things that makes them work… that really sets them apart from more casual relationships (or even committed relationships that lack that "soul mate passion") is usually that the love-making is spectacular.

First time sex, and sex in the first couple of weeks of a new relationship is always very exciting.

It's a wonderful experience to explore the uncharted territory of a new lover—to figure each other out, to enjoy the complete newness of it.

But the fact is, that when that fades, what remains… and what GROWS over time, should be far better.

Sex within a long-term committed relationship is the best sex there is. And if that is not the way it is working out for you and your partner, then please keep reading, because there are 3 very important things that I hope to show you before I am done:

1. You are doing something wrong

2. I'm going to tell you exactly how to fix it

3. You will see for yourself that your relationship can become the best, most exciting, hottest, and most fulfilling sex of your life

   There are many reasons why sex in a loving and committed relationship is better.

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If you have already read Revolutionary Sex, then I hope that I have convinced you that there is nothing more powerful for turning a man into a master in the bedroom than the ability to build trust and intimacy.

Obviously given the time, the space, the respect, and the mutual desire— trust and intimacy are two of the main things that naturally flow from a good relationship. And that makes the sex better and better as time goes by.

Additionally, knowing and loving your partner's body and mind creates a magic that no one-night-stand can ever compare with.

And yet… sometimes this fails to happen even when two people love each other.

I'm going to talk to you about why that may be, and then show you how to completely turn it around and make each other into the kind of lovers that will fulfill every fantasy you have ever had.

Not everything that I write is going to be right for every couple.

That's fine. Don't worry about it at all.

You don't need to do everything that I am writing about. Find the things in here that will work for YOU, and then be open minded enough to TRY the things that you think MIGHT WORK for you.

By the time you are done, you will see that your love is worth the effort and that this effort will reward you with a love like you have never experienced before.

Knowing Each Other

The first step to having the best sex of your life in a committed relationship is the process of getting to know each other. Getting to know each other's bodies, preferences, secret turn-ons, and even learning about each other's secret fears and insecurities.

Knowing these things about each other will allow you to use that information to bring each other incredible pleasure and incredible emotional satisfaction.

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Yet there are couples that have not managed to take this journey into discovering each other despite great communication in many other areas of their lives.

The fact is, the same woman that will tell me that her husband is not the best lover she has ever been with will also tell me that her husband doesn't really KNOW her, or her body, the way previous lovers have.

What a shame.

Because the fact is, nobody is in a better position to truly KNOW everything there is to know about your partner's body and sexuality than YOU.

So what stops men from truly knowing their own wife?

Fear.

This fear comes from many places. Sometimes it is shame—the fear that SHE may get to know HIM too… and that she might not like what she finds. Sometimes it is guilt from religion, or our parents, or something that happened to us as children. And sometimes it is just the fear that we might not measure up, or that we're not sure we know what we're doing.

A lot of men think that if their wife REALLY knew the sexual thoughts going on in their heads that she would be repulsed or angry.

This is generally untrue.

But what IS TRUE is that our fear of our own sexuality keeps us from ever really discovering the true sexual nature of our partner. We each live in our secret world of fear where we pretend for each other that we are not insecure or that we never think any sexual thoughts when we are not in bed together.

The best thing to do is to BEGIN a relationship with open sexual communication. To make communicating about sex easy, guilt free, and, most importantly, free of JUDGEMENT.

But if you are already in a relationship, and that communication doesn't exist… it is NOT TOO LATE.

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Start getting to know your partner.

Consider it an adventure into uncharted territory. It will be the most exciting journey of your life.

Take the first step by having the guts to reveal something about yourself. Maybe something that you fantasize about, something you wish she would do, something that you wish you could do to her, or something that once happened to you that shaped the way you think about sex. Maybe it is even an insecurity you have about being uncertain of what she wants.

You don't have to suddenly do a big therapy session and blurt out every little weird thing in your head. You don't have to "over-share" and tell her that you once had a fantasy about her younger sister. Using your brain is not a bad idea.

But begin revealing to her the things that might impact your sexual relationship. Things that have held you back from being everything you could be, and things you wish you could have done—wish you could still do.

Reveal these things in a calm and level voice—not a baby-talk, shy voice. Do not go for sympathy. Do not try to hide behind humor. Do not be tentative. Do not emasculate yourself. Remember, you are still the man she fell in love with. BE that man.

By having the guts to authentically put yourself out there, you will encourage her to meet your level of courage.

And if she does meet your level of courage and open up to you… Then you must have the courage and LOVE to not judge her for what she says.

She may say something that is difficult for you to hear. Do NOT make her regret sharing it by judging her or by becoming insecure or angry. Be man enough to take it. Think about it for a long time before you give any kind of opinion on it (unless that opinion is 100% positive).

If you screw this up, it will be very hard to ever win her trust back again.

But if you succeed, you will enter a new land of intimacy and sharing that is beyond anything that you expected.

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Once you have earned her trust, you can begin to discover her sexual body and her sexual mind. Figure out what really makes her go crazy. And she will figure out what makes you really go crazy.

Enjoy discovering her "special spots." The little places on her body that drive her completely crazy.

Here's a little hint: Anywhere that she is ticklish will probably be very sexually arousing when she is turned on. Approach ticklish areas carefully—don't just bore in. Let her warm to it slowly.

You may discover that you can bring her to orgasm from more places than just her vagina.

More profoundly, begin to discover her erotic mind. What does she fantasize about? What has she always wanted to try?

The cool thing is… you don't need to ACT on any of these fantasies. It is just the art of listening to them, of allowing her to share them without any judgment that will build the kind of sexual trust that will allow her to completely surrender herself to you.

And then you will see things begin to change dramatically.

Something amazing is about to happen.

From Sex to Making Love

Is "making love" really just sex with someone you love?

Or is there something more to it?

Are there times when some good hot, dirty sex can be better than making love?

These are some questions that are difficult to answer. And the truth is, the answers are not carved onto some stone tablet written by God. We are in the land of "philosophy" now and there are a lot of opinions on this subject.

I heard somebody refer to the different types of love once as "passionate love" and "oatmeal love". The "oatmeal love" is the thing

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that you see between an elderly couple who have become best friends over the years and that allows them to transcend the petty bickering and the trials of living together.

The common wisdom is that passionate love burns out and oatmeal love lasts. But I am not so sure that it must be one or the other.

The ancient Greeks had 4 words for love. One for the trusting and loyal love between friends or "brotherly" love, one for the tender love between child and parent, one for the awestruck and sometimes fearful love of God, and one for the passionate love between male and female… "Eros".

Some people believe that crazy-hot sex is not making love… because they feel like "love" is a word that is filled with ideas of nurturing and friendship and respect and caring… and that stuff does not make for "hot".

But I disagree. I think the hottest, craziest sex is ALL ABOUT LOVE. Because the love, in this case, is not friendship-love or nurturing-love… it is *eros*.

It is passionate love. The unbridled, visceral, passionate, uncontrollable NEED for each other's bodies that can be satisfied by no other person but your lover.

Somehow, somewhere along the line, most people's idea of "making love" became this watered down, quietly tender act of "oatmeal love" expressed through sex.

And so it is no wonder that you hear some men saying, "give me some hot, dirty fucking over tender love-making any day of the week!"

For them, "love" has become something other than *eros*. They don't experience the FIRE of true passionate love… and maybe they never have.

For women, this is more intuitive. They "get" the idea of passionate love because they grow up with that kind of fantasy. If the male sexual fantasy revolves around strippers and the unapproachable model in the VIP section of the dance-club, women's revolve around something very different…

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They read romance novels where the guy they fall in love with is not the kindly father-of-their-child kind of guy, but the passionate and dangerous man that sweeps them off their feet… falls in love and abandons his wild ways to stay with her forever.

And I've got news for you. Even if you ARE, in fact, the father of her child… she still wants you to be that passionate and dangerous man that sweeps her off her feet and stays with her forever.

And you can be.

Because in the eyes of your woman, this is an easy step. For your woman, you becoming that man is not about making yourself into some kind of cheesy, muscle-bound, thick-haired hero.

It's simply about making her *feel sexy*.

When you truly appreciate her sexuality. When you truly devour her in the bedroom. When you are passionate and overwhelmed by your own sexual attraction for her… and every time you authentically compliment her on something about her that you find sexy… when you let your eyes linger on her body and really drink her in… you build this fantasy for her.

Pretty soon she associates YOU with feeling sexy. She feels sexy whenever YOU are around. And not long after that, you simply become her sexual "on button".

When you combine these feelings with the "sexual trust" that I was talking about above, you have the formula for love making that will set the sheets on fire and wake the neighbors two blocks away.

That is what making love should be about.

Can making love still be tender? Sure. But that is not what it is really about. Love making is about connecting with each other on a deep level of passion and primal fire, a total loss of self-control and rational thought that is so overwhelming and deeply personal that you would never be able to unleash it in front of anyone else.

But this is much easier to write about than to do.

Part of the problem is that I've only talked about how to make HER feel that kind of sexual magic.

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But what about you? What if you don't feel like "devouring her in the bedroom." What if she does not arouse the kind of crazy passion in you that the girls in the magazines do? What if oatmeal has over-taken the *eros* in your relationship?

Like I said, it's easier for women to experience this emotion because of the way they are wired and the way they are brought up.

But what about men?

Our sexual fantasies often are not about love. They are about the stripper or the porn-star or the slutty girl in the club. For men, we often crave sex with one kind of woman and we crave love from a different sort of woman—the woman we can see having a family with.

Can one woman be both of these things?

Yes, she can.

But we crave variety. We crave the woman we DON'T have. And we get bored quickly.

Can a MAN feel that kind of incredible passion in his relationship… even after YEARS of being together?

Yes he can.

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PART 2:
THE TRUTH ABOUT "GETTING BORED" AND "SEXUAL VARIETY"

Why We Seek Variety

So why is it that there is something so appealing about the girl that you don't have?

Why is it that most married men will find the thought of sleeping with some other woman outside of his relationship more erotic—*even if she is not anywhere near as attractive as his wife waiting for him back home?*

How many cheating men have answered the question, "what has she got that I didn't give you?" only to be answered with, "Nothing. It's simply that she's not you."

Why do we crave variety?

Well, to a very large extent, the answer is genetics and evolution.

It is a survival benefit to the human species if men compete with other men to try to have sex with as many fertile females as possible.

Women, in contrast, are wired to find one particular mate who will be loyal and stay with them and protect them through the years that they are pregnant, nursing, or taking care of babies… but they are also wired to find a man who will provide the best possible genetics for their babies…

Unfortunately, the loyal man and the man with the good genetics aren't always the SAME man.

In relationships where spouses are cheating on each other, it is not uncommon that the man had several (or even many) brief encounters, while when women cheat, they are more often cheating with just one man (usually someone very "alpha-male" and dominant, like their boss at work, someone with higher social status, or

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someone younger and more athletic than their husband… in other words, good genetic stock).

The good news for men is that most women will not be inclined to cheat if their husband fulfills BOTH of those roles. (She may still indulge in some "looking" or even fantasizing, but it is very unlikely that that a woman will act upon her fantasies and cheat if she is being fulfilled in both of these areas at home).

The bad news for women is that men's biological lust for variety is simply wired into them, and no matter how wonderful their mate at home is, and no matter how many women they have, some little animal part of their brain wants more.

So why are some men loyal and other men cheaters? Is it the quality of their woman or their relationship?

Nope. It is the quality of their *character*.

The simple fact is, for many people, when the biological urge comes up for sexual variety, they feel like it is a sign that their relationship is not as great as they thought it was. Guys think: "well, if my love was really THAT strong and she really is my soul mate, then I wouldn't be attracted to this other woman."

They then use that attraction as the *justification* for cheating. After all, their relationship couldn't really be so magical if it wasn't enough to blind them to other women.

In my mind this is sad, weak, self-lying, and pathetic.

It would be like saying, "well, if stealing were really so terrible, then I should not have the urge to take this money sitting out on the counter that belongs to the waitress… but since I DO have this urge, obviously stealing can't be so very wrong, and I should just take the money."

As humans, we have the mind, the integrity, and the choice about what urges we act upon.

I don't believe that there are any good excuses for breaking your word to the woman you love.

It is this distinction that has led me to always be faithful when I was in relationships.

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Remember this—yes, it is natural to want variety. And yes, it is not weird or abnormal to get sexually bored with the same woman, even if you love her. It can happen to anyone.

But whether you act on those impulses is up to YOU. And it is a matter of your honor and I would even say your spiritual evolution as a man whether or not you do.

If this sounds rough, don't worry, because I've got some GREAT news for you…

While you can't completely eliminate the urge for variety, you can make it so quiet in your mind that you hardly ever notice it.

And as for sexual boredom… yes, it is natural for it to happen and there is no shame in it… but it can be COMPLETELY ELIMINATED from your relationship. In fact, year after year, the heat and passion of your sex life within your committed relationship can GROW.

Keeping It Fresh—Variety Within Your Committed Relationship

According to many of the "experts" in sexual therapy and relationship counseling, the best way to combat boredom in the bedroom is by incorporating variety, games, and fantasy into your sex life.

I suppose I ought to come clean up front and tell you that I don't agree with this idea.

Not that I don't think variety, games, and fantasy can be fun… They are great fun. And, yes, it can add back some spice and keep you from settling into sex-as-routine.

More importantly, sharing your fantasies and then "playing them out" together can be an incredibly powerful way to bring your intimacy to a deeper level… because sharing fantasies WITHOUT JUDGEMENT can be a great way to learn more about each other's inner worlds.

Your fantasies are something you've probably never talked about with anyone else. And sharing these special secrets without

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shame—and even embracing them by allowing your lover to share her fantasies with you and vice-versa can lead to a feeling of incredible mutual acceptance.

Not just accepting each other for the roles you play as the perfect boyfriend, husband, provider, protector, girlfriend, wife, mother-of-your-children, spouse at the office cocktail party, etc.... but accepting each other for the parts that you would be embarrassed to share with anyone else.

Also, it can be lots of fun and very erotic.

So, it might be difficult for your wife to hear that you have fantasized about cheerleaders ever since that girl in 8th grade bent down to get books out of her locker in front of you on the afternoon that they were having cheerleading practice...

And it might be difficult for you to hear that your wife fantasizes about manual laborers who work with their strong hands to make a living if you go to work every day in a suit...

But IF you can get past that (and if you and your wife are willing to put on some cheerleader outfits and a tool-belt), and you are willing to have some fun doing some role-playing, you might have some hot sex and some good laughs.

Will this be your most intimate and passionate love-making?

Nope.

But the day after might be.

Because you have successfully worked past jealousy and judgment into the world of acceptance and intimacy... And THAT is what leads to passionate, crazy lovemaking.

The same thing is true of all of the little adventurous games you might play—like doing it in a parking garage or the changing room of a department store (after you pick out the sexy things you want her to try on for you), or tying her down, or wearing blindfolds, or... whatever.

This will not be your most intimate lovemaking. It will be hot, and it might LEAD to greater intimacy through shared danger and

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shared fantasy. And it will make future lovemaking more intimate as a result.

WARNING: You do need to be very careful when you begin sharing fantasies. This really ONLY works if the *"no judgment and total acceptance of each other"* part is in place.

If you feel like either you or your wife is going to be jealous or judgmental, then it's not a good idea.

In Nancy Friday's bestselling book "My Secret Garden" the author did a study of what kinds of things women commonly fantasize about. In the prologue of her book, she confesses that she once shared with her lover the fantasy that she had while he was making love to her:

In her case, that a football team of men was taking turns having sex with her.

When she told her boyfriend about this (thinking that he'd be impressed by the fact that he was so good that he inspired the fantasy in her mind that he was a big group of professional athletes), he was so offended and hurt that she was not thinking about HIM that he walked out and never returned.

Ouch.

So, you have been warned. Truth about fantasy can hurt.

As a general rule, remember this—fantasy is NOT reality. I'm quite sure that Nancy Friday never actually WANTED to be gang-banged by a football team. The fantasy was fine… but reality is something very different.

You might have fantasized about being a war-hero… but there is nothing glamorous about REAL war, and you would not want people shooting at you in REAL life.

The other rule you might want to live by is to not use any specific or real people as the objects of your fantasy. Especially if they are people who you know in your real life. It's hard to imagine how that would not, eventually, lead to some jealousy or suspicion.

But finally, as I said at the beginning of this section—I don't agree that fantasy and games are the way to prevent sexual boredom.

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Yes, it may work for a while. Maybe a year or three years. And yes, it is fun.

But, in the end, it is a temporary measure if you are constantly looking for the next NEW thing.

If it builds intimacy and trust, add it to you life. You'll discover a world of fun together.

If it does not, it is probably not worth your time and effort.

Making Your Woman The Object Of Your Fantasies

So if adding variety and fantasy and games into your sexual relationship isn't the cure for boredom and the male desire for variety… then what is?

Making the woman you love into the object of your fantasies.

This is a process that takes a bit of time. It will not happen overnight. But if you follow the advice that I give below, it has the power to truly create the kind of sexual attraction that LASTS for a lifetime.

When you first started dating, and probably for the first many times that you had sex, you were powerfully attracted to the woman that you are now in a long term, committed relationship with.

But, over time, your attraction slowly faded as you simply got used to her.

But what would happen if, each month, when your level attraction would normally fade a bit, your woman… somehow… got MORE attractive…

What if she became enough more attractive each month that it more than made up for the amount that you got used to her so that you simply never got bored with it?

Impossible?

Read and learn:

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There are many factors that will contribute to your woman becoming more attractive to you over time. Each one works in small ways. Taken together the results are seriously staggering.

The first step is the magic of *positive reinforcement*.

All humans respond better to positive than negative criticism.

Imagine your boss says to you, "don't turn your expense report in late."

You answer politely… maybe… but inside you are probably thinking, "don't tell me what to do, asshole."

Now imagine that, instead, your boss says, "hey man, thanks for getting that expense report in early last week. It really helped me out in getting my work done for the weekend. Thanks."

Chances are, if you are a normal person, this will motivate you to ALWAYS get your report in early.

Well, it turns out that this is a universal concept… and what's even more important is that it is at least twice as powerful in relationships.

Why?

Because you are so much more emotionally vulnerable. When the person you are in a relationship with tells you something that you are doing wrong or something that they don't like about you, it makes you feel really crappy and resentful.

On the other hand, when they tell you about something they like, it makes you feel great-- it makes you really want to do it again.

And if it's twice as powerful in relationships, it's 5 times more powerful when it comes to WOMEN in relationships. Because women are generally more emotionally motivated.

Using this principle, you can easily make your woman much better looking, simply by complimenting her, as often as possible, on the things that you like about her.

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For example, if you really love her butt, and you notice that she's put on a few pounds… it's probably not be a great idea to tell her to ease back on desserts.

Not going to work. She is just going to put on 3 pounds the next day.

Instead, you should tell her often and with sincerity, how much you love her butt.

That is what will motivate her to skip dessert and get on board that Stairmaster at the gym.

Tell her when she wears clothing that you love. Tell her when you like the way her makeup or hair looks. Chances are, you'll be seeing more of her in outfits like the one you like and with her hair and makeup just the way you like it too.

Tell her when you think she's being sexy. Tell her when you like the way she walks. Tell her when she wears a perfume that drives you wild.

And if you want a quick fix of prettiness, tell her that you love her smile—and watch her light up into a smile right there on the spot just for you.

Bit by bit, if you keep this up, she will slowly remake herself into the perfect woman for you.

Meanwhile something else is going to be happening at the same time. Something beneath the surface that you won't see right away. Something even more powerful.

As you use positive reinforcement more often, and completely eliminate negative criticism, you will slowly but surely quiet her own INTERNAL voices of self-criticism.

Most people have all sorts of self-esteem issues that keep them from realizing their full potential. Unfortunately for most women, because of the negative messages they are always getting in society, on television and in their magazines, they have even more problems with this.

The reason that most people fail at things like dieting or starting exercise programs is because of this negative self-talk.

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As you build her confidence, and as you help her to quiet her internal negative self-criticism, she will begin to take control of many things in her life that will make her more attractive to you. She will be happier, smiling more, more successful at maintaining her diet, her skin, her workout routine. She will be more confident and funnier and less sensitive to the little things that used to make her angry.

She will become more beautiful to herself. She'll be more comfortable with her image in the mirror. She'll be more comfortable being naked or acting sexy without shame.

In other words, she will become even more attractive to you.

But that's not all… All of these factors work in yet another powerful way to increase her attractiveness.

Using this kind of positive reinforcement when you talk to her will profoundly affect YOUR mind too.

Here's what happens--

In the book "Influence" by Robert Cialdini, the classic study of the mechanics of persuasion, one of the things that Cialdini studied was the way that the Chinese used brainwashing techniques in their prison camps during the Korean War.

What was so amazing about the brainwashing techniques used by the Chinese in these camps was that, while they used virtually no physical torture or any other traditional interrogation techniques, it was the most effective and successful program ever done in any POW camp.

And they managed to convert an amazing number of patriotic, red-blooded American boys into communist spies.

How?

Using a principle that Cialdini called "Commitment and Consistency." The way that this works is that when you say something and commit to a belief, your mind will find a way to BECOME consistent to that belief.

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If you've ever seen a child caught in a lie, you might witness a great example of this—and chances are you can even remember a time or two when you did this yourself…

At first, the child knows he's lying. But after defending the lie for a while, the child begins to believe that he is absolutely telling the truth. He so completely convinces himself that he's telling the truth, that he becomes enraged that you'd have the nerve to call him a liar.

His anger at being called a liar is very real—because, by then, he truly believes he's telling the truth.

Why?

Because the act of saying something and then committing to that something by saying it again and again *actually rewires the brain to believe it.* Your brain finds a way to make a truthful meaning and justification of the facts.

Adults do this too. Just watch someone explaining the virtues of their political party when their candidate is caught red-handed doing something unsavory—they'll blame the other side for making it up, they'll offer justifications… but somehow, in some way, they will figure out a way to stay consistent to the rightness of their candidate.

And not just because they don't want to be proven wrong. But because they truly believe it. And they believe it because their mind finds a way to justify what they say and do.

This is Commitment and Consistency, and whether you are a child or an adult, you are subject to this mechanism in your brain.

So, as strange as this may sound, when you continuously compliment your woman on her appearance, and when you consistently tell her that you are attracted to her and turned on by her…

You are BRAINWASHING yourself into becoming more attracted to her.

Yes, this really does work. And yes, it is proven by scientific studies.

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If you are thinking to yourself, but why would I want to brainwash myself?

Consider this: You are doing it anyway. Everyone does, and we do it every day in subtle ways. It is the nature of our minds to rationalize what we do and say to create our beliefs.

So what is a better use of your self-brainwashing…

Defending some corrupt wonk in Washington, D.C.?

Or building your sexual attraction to the woman you love!

Make this an even more powerful force in your life by telling everyone else how beautiful and sexy your wife is too. Brag to your buddies that you have never been more attracted to any woman—that she is your perfect type. And watch it happen in real life.

Think I'm done?

Nope. I'm just getting started. There are even more ways to create lasting and even growing attraction within your committed relationship.

When I said that you could make her the object of your fantasies… I didn't just mean that to describe how beautiful she was going to become… I mean it quite literally too.

This is a matter of going on a mental diet.

We all have fantasies. Especially men. I forget the exact statistic, but I'm sure you've heard that study that said that men have a sexual thought, on average, every 10 seconds or something ridiculous like that.

I can remember in relationships in my past when those sexual thoughts weren't always about the woman who I was in a relationship with.

Usually it would be about some beautiful girl that I saw in the street, or a woman on the cover of a magazine.

Then, when I'd see her in the evening, the thoughts of that other woman would have me turned on enough that my girlfriend and I would make love.

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No big deal. No harm in working up an appetite looking at the menus as long as you eat at home, right?

Well, that's true. It is harmless, and it's inevitable for most people in most relationships. We are all human.

But I have found a better way… though it does take some work, and it does take some getting used to.

Begin to replace the fantasies in your mind with images of your wife or girlfriend.

At first this may seem difficult—I mean, why bother fantasizing about her… when you can just have the REAL her any time? Shouldn't fantasy be for what you can never have? The Victoria's Secret models… the women you can only FANTASIZE about?

Sure, I have no problem with that. There is nothing wrong with fantasies. It is harmless.

But, if you want to give this idea a chance, you might find it very powerful—try directing your inner fantasy world to images of your woman. You can put her in impossible situations or any kind of sexual fetish you please… but make it her.

The idea is to slowly shape your sexual response around her.

If you want to look at some sexy pictures when you are on your computer—pull up your favorite pictures of your wife/girlfriend. Better yet, take some new ones that are more "interesting".

I know that a lot of men are going to be resistant to this idea, but if you just give it a try for a few weeks, I think you'll be impressed with the results.

After fantasizing about your woman becomes a habit, you will find that images of other women on magazine covers are still "attractive" but not really that "sexy."

Sexy will have been taken over in your mind by the only place that it is ever resolved for you—whether in real life or in your mind…

And your sexual response to your relationship will grow stronger and stronger.

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Maintaining Masculine Boundaries

You often hear people complaining that their sex life is becoming boring because they are always doing the same thing… the same foreplay, the same positions, etc.

I sat and thought about this one day, wondering why some couples don't seem to get bored and others do. The question in my mind was—are the couples that aren't bored just more inventive about their sexual positions? Are they doing all sorts of crazy things that the bored couples aren't?

I don't think so.

In fact, I even scanned through one of those books that list 1001 sexual positions, the Kama Sutra, etc. And what I found was that you could break down all of these positions into two groups…

About half of these positions are just ridiculous. They are, I suppose, possible if you are very flexible or have spent your life doing yoga, but they are in no way actually good for sex. Merely being "possible" should not be the standard by which you decide how you want to make love.

The other half of these positions are basically just tiny variations of the ones that we are supposedly bored with.

For example, one position is "missionary" (the woman lying on her back with the man on top), another position she has one leg up, another she's got the other leg up, another one she has her ankles crossed behind him, another one she's got her knees bent…

Now to me, these are all the same position.

In these books, this is the way they can come up with a hundred positions—but chances are, if you are a married couple making love, you might cycle through 50 of these positions and would still probably say that you were in only in position the whole time.

I think that it makes sense that you might want to experiment with altering positions a bit to find an angle and a level of

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penetration that is thrilling for both you and your partner… but obsessing over whether or not you are "in a rut" because you've found a few that work really well for you makes no sense at all.

And I don't personally believe that it has anything to do with why people feel like their sex life is becoming routine, boring, or "in a rut."

I believe that most of the time the REAL problem is that couples begin to interact like friends instead of romantic partners.

Of course, there is nothing wrong with being friends with your partner—in fact, it is very important that you have a strong, open, and intimate friendship.

But not all the time—and certainly not in the bedroom. You MUST make room and time for behaving as a romantic couple.

What I mean by romantic couple is that you act like a MAN and she acts like a woman… or, colloquially, a GIRL. (I use the term girl here, not to denote age, but femininity—girlish behavior as opposed to womanly strength).

When you first met each other, you were doing your best to show her your masculine traits, being cool, showing her the strength and calmness of your character, your wit, and your gentlemanly behavior. And she was doing the same thing in reverse, trying to be as feminine, sweet, nurturing, and soft and pretty as she could be.

You both enjoyed playing these rolls and you both enjoyed the way the other played these rolls as well—or there wouldn't have been a second date.

The fact is, it was a lot of fun.

It's fun for you to behave in a masculine way—and even more fun when an attractive woman notices and responds to that masculinity.

It's fun for her to behave in a feminine way—and even more fun when an attractive man notices and responds to that femininity.

But then we get to know each other better. We make promises that we'll be together no matter what. We get through some hard

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times together and develop the confidence that, yes, we can trust the other person to be there.

We stop trying so hard.

And then maybe it feels a bit funny to put on your best show of masculinity with someone who knows you so well that they can see when you are "trying".

But you start to lose some of that fun.

Then, as you become closer and closer as "friends" and spend more and more time together—you slowly begin to act more and more like each other.

Think about it—this happens with any of your old friends. You begin to pick up the same mannerisms, the same verbal expressions, and you use the same jokes. People say, "I can tell you guys are friends."

Now I consider myself a "feminist" and I am all for the idea that men and women are equal in value. I believe that women and men should have equal rights—but we are not "equal" in the mathematical sense.

The word "equal" in math means the same. When you have 3 oranges and 3 apples you say that they are "equivalent" or that they have equal value—but they can't be equal because they are not the same.

It should be clear to anyone that men and women are not the same.

And we should stop trying so hard to make them the same. Especially in our relationships.

If you stop and think a bit, you'll realize that there is at least one behavior that you do fairly often that you picked up from HER. It's hard to break habits and you may find that it takes a little while to remove this kind of involuntary behavior from your life—but take me up on this challenge and cut that behavior out.

The worst of these behaviors are the ones that she does that you think are so damn CUTE. At first you do it to tease her… to imitate her… and then you do it because it's an inside joke, but after

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a while, it's just something you do. And if you thought it was cute when SHE did it, she thinks it's feminine when YOU do it.

Not that she thinks it's bad or a turn-off. But these little things add up.

All relationships have an organic life of their own, and as you pick up more feminine behaviors, she will pick up more masculine ones to keep everything balanced.

Likewise, if you begin to act in a more masculine way, she will naturally act in more feminine ways to restore the balance in the relationship.

When you do this in the bedroom, of course, the sex is going to be less boring and routine—it will feel fresh and vital because you are coming together, not with neutral energy, but with your strong masculine energy and her strong feminine energy making a balanced harmony.

More importantly, when you strive to keep these boundaries during your daily behavior with each other, it will also translate into greater attraction for each other and a lot more passion in the bedroom.

You need to keep your integrity as a man and as her masculine, romantic partner—regardless of whether, she, your best friend, acts in a feminine way. This takes some work.

This is what I mean by maintaining your masculine boundaries.

And it can be challenging, but it is worth it. And if you succeed, it will definitely cure any boredom in the bedroom.

We take on many roles in life. You are a different man with your romantic partner than you are with your friends, or your boss, or your employees, or your parents.

We also take on many other significant roles that have strong emotional meaning to us—like the role of husband or the role of father.

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These roles are important, but they are not any different from the other roles we play—which is to say, they should not REPLACE the role you play as her masculine romantic partner.

It's tempting to let these rolls replace the romantic role because they come from things you do together.

For many men, once they get married, their attraction for their partner instantly diminishes—because they now think of her as a "wife" or themselves as a "husband" and they allow their ideas of what these words mean to interfere with the roles that have made their relationship successful in the past.

It is hot to fuck your girlfriend on the kitchen counter—but your wife? That may feel kind of weird.

Far worse is the arrival of a baby. Because it's very hard for most men to integrate their hottest sexual fantasy with the same woman as the "mother of their child."

You need to seriously get over this.

You must learn to separate the 2 identities in your mind. You have to allow yourself to be daddy when it's appropriate, and her masculine lover when that is appropriate…

And more important and more challenging… you must ALLOW HER to be mommy when it's appropriate, and your feminine, hot sex-kitten when that is appropriate.

To deny her that role is to do harm to her femininity. And that will do terrible harm to your sex life and to your relationship.

So think back to the way that you behaved in those first 2 months of your relationship—and remember this: That WORKED on her, big time.

And think about the way that SHE behaved back then. That worked on you, big time. And if you'd like her to act that way again, it's very simple. Just do what you used to do and she will respond the same way she did before.

By being strong and calm and decisive, you will cause her to act in all of those girlish, feminine, flirty ways that always used to drive you crazy.

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PART 3:
THE "SPIRTUAL" CONNECTION

Sex And The Three Parts Of The Brain

The parts of the human brain that control most of our thoughts are divided into three main structures—each of which evolved at a different time in the distant past.

The oldest part of the brain is the "medulla oblongata", also known as the brain stem or the "animal brain." This part of the brain controls our most primitive thoughts and is the one most closely associated with our sex drive.

The animal brain generates our thoughts of hunger for food, lust for sex, violence when we are angry, and the compulsion to run when we are frightened. In other words, everything we need for very basic survival and reproduction.

When you are feeling really horny or hot for sex—whether it is directed at your partner or any image you see or any thought you have—it is coming from the reptilian brain.

The second part of the brain that evolved is called the "limbic system" or the "emotional brain" and it exists in a simplified form in most mammals. This part of the brain, as the name implies, controls our emotional thoughts.

When you feel anything from warm, loving and nurturing feelings to feelings of jealousy or hurt or anger—all these thoughts come from the limbic system. This is a very important part of the brain for human survival because our species depends on parents staying together and taking care of our young until they can fend for themselves—which in humans is quite a long time. This part of the brain exists in all social animals that form family groups or take care of their young.

In other words, lions and kangaroos have emotional brains, and fish and grasshoppers don't. In humans this part of the brain is extremely complex and well evolved.

The newest edition to the brain is the cerebral cortex or the "higher brain," and no other animal comes close to humans for it's

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incredible complexity and sophistication. The higher brain controls our reason, our logic, our ability to be clever, problem solve, and figure out how the world around us works.

Here's the problem…

These 3 parts of the brain don't always agree. In fact, they frequently interfere with each other… like when your "higher brain" is trying to get some work done but your "animal brain" is saying "I'm hungry!" Or, worse… when your higher brain is trying to get things done and your limbic system is busy thinking about the fight you had earlier in the day with your wife.

You can actually hear the parts of the brain get into an argument when you do something you know is wrong—which part "knows" it's wrong? Which part wanted to do it anyway? This is when your brain fights with itself.

If you are on a diet, you know that part of your brain will say, "I want that doughnut!" and another part of your brain will say, "Don't eat that doughnut!" And the result is this internal argument with your self.

This has big implications for your sexual relationship.

If you are in a very new relationship, then sex is almost completely ruled by the animal brain. You see her, you want her, you guys seem to hit it off, maybe a few dates go by and you still want her… and pretty soon, you guys are having great sex.

But over time, as it develops into a more complex relationship, as you get to know each other better, you develop very strong emotions for each other. So that now, when you are in bed, you have two voices in there—the animal brain that wants to have wild sex, and the emotional brain that is much more complicated.

Maybe the emotional brain is also craving sex—but for different reasons than the animal brain—it wants sex for closeness, or validation, to prove that she loves you, to feel closer and more connected… or…

Maybe the emotional brain isn't in the mood—maybe it is feeling jealous, or maybe it is feeling inadequate or insecure, it might be worried about losing her if you don't perform well, or maybe it is

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feeling more of a sweet closeness of that “oatmeal love” than your animal brain is comfortable with when it comes to a good fuck.

Suddenly there is a little debate in your brain. And your body, not really sure what is up, may do some unpredictable things—like not getting hard.

That would be difficult enough, but unfortunately it doesn’t stop there-- there is a third voice in your head. The higher brain… well, the higher brain doesn’t really crave sex at all. It’s busy thinking and reasoning about everything else in your life.

If sex is going to happen, it’s best for the higher brain to just shut up. But sometimes it doesn’t… sometimes it is busy worrying about the work that needs to get done, or it is thinking about the mortgage, or the bills that you need to pay, or maybe it’s thinking about something she said earlier in the day, or dwelling on a thousand other things from the past or worrying about a thousand other things in your future.

And no matter what the higher brain is thinking about, you can be sure that if it is thinking loudly enough, it will throw you out of the mood for sex.

A little proof of this effect that most people have experienced is when a couple whose sex life has cooled off from too much “thinking” go out one night to a party and have a bit too much to drink… when they get home that evening they have a night of sex that is hotter than they had in a long time.

Why?

Alcohol quiets the higher brain. That is why they say that the first mental faculty to go when you are drinking is your “judgment”. Judgment is from the cerebral cortex, the higher brain, and when you quiet that voice of judgment it allows you to hear your animal brain a little bit more loudly.

Little by little, the animal brain is drowned out in a long-term relationship by all of the other thoughts and necessities in the life you share.

Too much thinking, not enough animal lust.

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At this stage, your sex life and your motivation for making love either EVOLVES into the something bigger… or it DIES.

For most couples, it is the latter. They still have sex, but not as often. They still enjoy each other physically, but it is no longer the "hot" or "wild" sex that it was. They lose the passion that they once felt when the clothing starts coming off. It becomes routine.

For some couples, getting married or having children can make this situation worse because they have certain emotional anchors or deeply formed ideas about what it means to be a "wife" or "husband" or "mother" or "father", and these anchors are not particularly "hot".

These labels end up affecting their emotional brain—the way they FEEL about each other—in a way that is not great for their sex life.

When this happens, all that is left to encourage lust is the animal brain, and it becomes a lonely and increasingly quiet voice in the bedroom.

I strongly encourage couples to get past these labels, to throw them away, to realize that just because their parents were a certain way, or just because they have these "ideas" of what "married" or "parent" means, does not mean that you have to be imprisoned by them

How do you stop these labels from affecting your sexual relationship?

You've just got to fight it. You have to not accept those definitions in your life. You have to just decide, once and for all, that you won't be defined by these words.

Easier said than done, but if your emotional brain is going to be talking in the bedroom when you are making love—and I hope that it is—you are going to have to learn how to control what it is thinking and what it is saying.

You have to tune INTO the feelings of romantic love and sexual closeness, and tune OUT of the feelings of friendship, responsibility, and protectiveness.

So far I have talked about 3 different voices that come from the brain. But there is another voice in the mind, and while it may come

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from some yet undiscovered region of the brain, I believe it comes from something beyond our brain—it is the spiritual voice of the eternal part of your SELF.

Unlike the animal brain, the emotional brain, and the higher brain, the spiritual voice does not use words to think. It is a very quiet, very slow and steady impulse in the background that is the purest piece of YOU—that which makes you unique and can be felt as the most fundamental sense of you-ness to everything you do in life.

Being able to tune into this spiritual component of your self and your thoughts is something that most people never really become aware of, or if they do experience some awareness of it, they dismiss it or ignore it or fear it.

It is this voice that Zen masters and yogis are trying to listen for when they quiet their minds in meditation.

And it is this part of the self that I was talking about when I said that couples could EVOLVE their sex life into something bigger.

Unlike the higher brain and the emotional brain, the spiritual part of your self feels a powerful urge for sexual union. Like the animal brain it is a piece of you that is incredibly ancient and it is tuned into the primal urge for union.

Your higher brain is not concerned with sex. Your emotional brain can go either way. Your animal brain wants sex all the time. This leads, basically, to a 3-way tie. It is the spiritual self, in the end, that will allow a couple to evolve and grow a powerful sexual passion that never diminishes with time.

This is what couples are referring to when they feel that their love-making brought them to a "spiritual" level. It is that feeling of your souls intertwining when your bodies are making love. And it is not just a "transcendent" experience—it is a powerfully "erotic" experience.

What Is Love?

Before I even get started on this part, I may as well tell you up front that I don't have the answer to this question.

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No one does.

But I do have some important ideas about love that I want to share with you. And the first of those ideas is that many of the most brilliant minds across the thousands of years of written human history have tried to answer that question and one thing is clear—there are many types of love and many definitions of what it is and what it should be.

One of Plato's most famous works, "The Symposium," is all about the meaning of love. In "The Symposium" a group of the greatest thinkers in ancient Athens all get together to drink wine and discuss philosophy, and across the night, they all give their definition of the meaning of love.

All of them are interesting. I don't agree with any of them.

As I mentioned earlier, the ancient Greeks had 4 different words for the emotion that we call "love". One word for the love between friends or "brotherly love". One word for the unconditional love between parent and child. One word for the awestruck, reverent, and sometimes-fearful love of God. And one word for romantic, sexual love.

That final form of love, romantic love, they called "eros." And it was eros that the philosophers were talking about in "The Symposium."

I wish that we also had 4 words for these different types of love, because I think that it would help clear up some of the confusion that modern couples feel when they try to bring all of these forms of love together into the bedroom.

It is normal for a man to sometimes feel a form of brotherly love with his wife, who in the modern world is also his best-friend and life partner. It is normal to sometimes feel a parental sense of protection towards her. It is normal to sometimes bask in her nurturing femininity and let her mother you…

But these other forms of love have NO PLACE IN THE BEDROOM.

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It is especially the sense of "friendship" that so many couples think they can bring with them into their sexual relationship—that sense of being equals—that can mess up your sex-life.

These feelings must be left behind when you come together as a sexual couple.

Eros, or erotic, romantic love should be the main source of love in a marriage and it should be the source of love that you feed and nurture and grow together. This is the source of love that you will grow if you take my advice on maintaining your "masculine boundaries".

Yes, you can become great friends. But also you have many other people in your life that you can be friends with.

Where most couples go wrong is in putting all of their work into growing the friendship in their relationship. But it is in working to grow the romantic and erotic relationship that you will reach a spiritual connection in your lovemaking.

Tantra And Sex As Spiritual Devotion

Can you get closer to God by getting closer to each other?

I believe the answer is absolutely "YES."

I think that in our culture, based on Western traditions and the Judeo-Christian culture, we often go about it in the wrong way. Sexual union in our culture is generally seen as glorifying God through "procreation" not through the act of love-making itself.

In our culture we understand sexuality as it relates to God by his command that we should be "fruitful and multiply." Other aspects of sex are often thought of as sinful… though there is plenty of scripture that speaks very positively about sexual union.

Regardless, if you were raised in a religious home in our culture, you probably do not think of sex as spiritual. You may even think of it as the OPPOSITE of spiritual.

This is a shame because it can be a path to a much higher understanding of each other, the personal meaning of love, and

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understanding the piece of God or "higher power" that resides in us all.

In some Eastern religions and philosophies, this link is well understood and defined.

It is in the moment of sexual union that we are most like God—we are more complete, we are combined together as a being of both genders, we are energetically whole, we are in the act of creation, we are in the moment of loving.

I realize that this may sound very anti-religious to some strict Christians that might be reading this. But I hope that you'll open your mind to the possibility that these ideas can be completely compatible with the Christian viewpoint as well.

I have always felt very close to the idea within the Jesuit movement that says that the best way to truly know and understand the Creator is through his works. It is all around you, in the natural world, in all that has been created, that you can see the hand of God.

And so, if you believe in God, then you must come to terms with the fact that he made us sexual beings with a powerful sexual desire which, like any of our ambitions and drives, can be misused and corrupted… or used for the highest good.

There is no need for a couple to become deeply involved in the ritual and religious aspects of Eastern tantric practices to experience this spiritual connection in their love-making.

Most of the tools you need to get there you should already be using in your sex life if you have finished reading Revolutionary Sex.

The concept of "paying attention" that I talk about so much in that book is also a path to unwrapping the incredible mystery and bliss of spiritual union.

It begins as a way to figure out what she likes in bed. What makes her feel good, what turns her on, what makes her come.

But by the end of the book I hope you begin to understand that "paying attention" is much more than that.

I briefly talked about the idea that "paying attention" to her—really engaging all of your senses and your whole body with the

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experience of your woman—is ultimately the way to become completely PRESENT in the act of making love.

And this is the root of the spiritual connection.

The purpose of meditation in Eastern religions is to silence the chattering thoughts of the physical part of the mind so that you can begin to become aware of the immortal part of the mind. Through long practice one first begins to sense the eternal part of their self, and eventually they can see and even hear this piece of the cosmic consciousness within themselves.

Whether you call this your spiritual self, your soul, your atman, your part of the universal wholeness—even if you just think of it as the mysterious collective unconscious—knowing it is the profound result of becoming totally PRESENT.

All of the chattering in the mind is either reflecting on the past or worrying about or trying to figure out what you will do in the future.

In silencing the mind to the single pointed focus of the *present* you become aware of that which is timeless within you.

And so, as you completely dissolve the idea of "self" into the act of tuning in to her body and her energy in making love, you erase the "ego", you silence the chattering of the mind, and, together… you can experience God.

I know that sounds kind of vague, so let me give you a few basic steps that you can take to help you down this path in your relationship.

First and foremost, do not think that "paying attention" ends once you know how to turn her on and make her come. Instead, that is just the beginning.

Listen with your entire body when you make love. Tune into her breathing, the flush of blood beneath her skin, reach out with your senses to see if you can feel her thoughts and her energetic body.

Experiment with synchronizing your breathing together while you make love—especially when she is in the middle of experiencing orgasms.

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Experiment with holding eye contact, and experiment with keeping your eyes closed but completely experiencing her with your body.

Silence the dialogue in your head by focusing completely on each other. Drown your thoughts in the erotic experience of each other's bodies.

Work on becoming completely and totally present.

You will quickly discover as you work towards this ideal that your ability to maintain a powerful and hard erection is much stronger when you quiet the mind and listen patiently for the spiritual.

She will quickly discover that her orgasms become effortless, incredibly intimate, and more and more powerful and transporting.

If you continue this way, the first remarkable thing you may experience is actually feeling HER orgasms in YOUR body.

When I was in elementary school, my teacher showed us how tuning forks will sing together. If you ring one tuning fork and hold it close to a second one of the same frequency, the second one will begin to resonate with the first and start ringing without ever being touched.

This will not happen if the forks are not of exactly the same pitch. But if they are, they will resonate together—the second one will sing back to the first.

This is the only way that I can describe the feeling of experiencing her orgasm. It is like your body resonating with hers.

At first the feeling may be very subtle. You feel it like a wave or a soft breeze drifting through your body in small waves of pleasure. But as you continue to tune in to her, the feeling can become unbelievably powerful.

You may experience it resonating from the center of her chest. When she is coming, arch her back and feel the waves of it coming out of her body and into yours.

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I can't say where this path will lead you. It is a very personal journey. You will understand each other in deep ways that you never suspected before. You will discover things about yourself and your spirituality along the way.

Your journey will not be the same as mine. The two of you are bound for an adventure that nobody has ever taken before. Your individual uniqueness and authenticity will be tested along the way. You will learn things nobody else knows because they are part of you and her and the life that exists only between the two of you.

And if everything goes well, you will strengthen your love and your connection to each other, you will heal each other of old wounds and become more psychologically whole and healthy… and you will strengthen the bonds that will ultimately keep you together, and passionately in love, forever.

Free Stuff

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