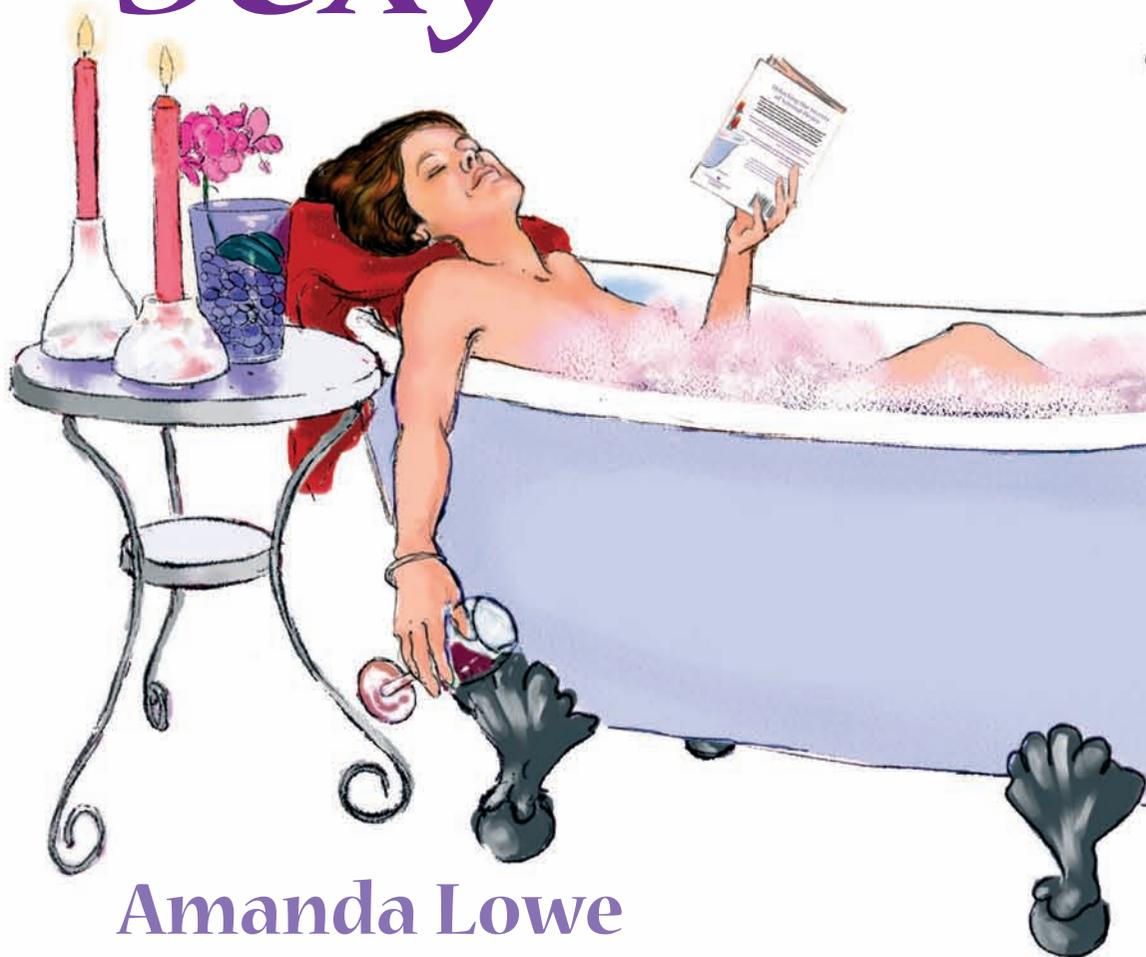


Unlocking the Secrets
of Sensual Desire

Thinking Sexy



Amanda Lowe

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of Sensual Desire

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Introduction

When I was writing this book, I got a big sheet of card and on it wrote, 'Come and talk to me about sex.' I took the card, set up a table and a few chairs in the busy city centre of Hull, got out my clipboard and went up to people saying, 'I'm doing a survey ...'

'No thanks,' they replied, as they walked away.

'It's about sex,' I added.

'Tell me more,' they would say, walking over to my table in the mid-day hustle and bustle to sit down and talk about sex to a complete stranger.

There's something about sex that fascinates people. I spoke to all kinds of people – young, old, sexually active, past it, not doing it yet, you name it. They all sat at my table. I spoke to men and women, but I must confess I did target women specifically. They were the ones I wanted to talk to, because this book is for women, looking at sex from a woman's point of view, so it was important to know that I wasn't alone in my thoughts and theories.

One thing they all had in common was that, as soon as they started talking about sex, thinking about sex and accessing their feelings about sex, they smiled. Every single person walked away from my table feeling happy. It had nothing to do with the table or with me: it

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was because of their thoughts. I watched their faces grow rapturous and blissful as they spoke to me and thought about what sex meant to them. Even *thinking* about sex can change a person's internal state. It doesn't matter whether it is remembering an experience that happened years ago, fantasising or anticipating. Just *thinking* about sex can change the way you feel.

When I wrote this book I was tired of being bombarded by books, magazines and late-night television telling me that, to have good sex, I should do this, try that, buy this or look like that. Sex had somehow evolved to be all about positions, toys, endurance, experimentation and looking good. It seemed that normal people didn't have sex any more. So I went out and spoke to normal people about sex and discovered that I am normal. We normal people not only have sex, but we enjoy it, we think about it often and, no matter how good our sex lives may or may not be, we are always keen to find ways to improve.

As I didn't want to impose my thoughts and presuppositions on the people I questioned, I devised a set of questions that were very open and left plenty of room for individual interpretation. I wanted to survey all kinds of people, so the same questions had to translate across a broad cross-section of the population. Some of the interviews were conducted face to face, some via e-mail, some people were given the questions and wrote down the answers. This is what everyone started with:

THE LOWE SEX SURVEY

This questionnaire is part of the research for my current book which looks at the thoughts and the reasoning behind sex, rather than positions, toys, experience etc.

I am questioning as many people as I can, to get a wide cross section of ages, occupations, experience etc. Please forward this questionnaire on to as many people as possible – you can e-mail the answers to me and your answers will be kept anonymous.

Most of the questions are deliberately abstract – I want you to add your own meanings to the questions. There are no right or wrong answers. (Only honest and dishonest ones!)

The Questions (take as much space as you need to answer the questions and thank you for your time and your honesty)

- 1 *Sex is ...*
- 2 *What does sex do for you?*
- 3 *Does love play a part?*
- 4 *What do you want from sex?*
- 5 *Are you a saint or a sinner?*
- 6 *What do you believe about sex?*
- 7 *What is good sex?*
- 8 *I want to feel ...*
- 9 *I am ...*
- 10 *I want ...*
- 11 *I know ...*
- 12 *I ... sex, but ...*

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13 *The best time for sex is ...*

14 *When I feel sexy, I ...*

15 *I'm too ...*

16 *I need more ...*

Age

Occupation

Are you currently in a relationship?

How long have you been in/out of a relationship?

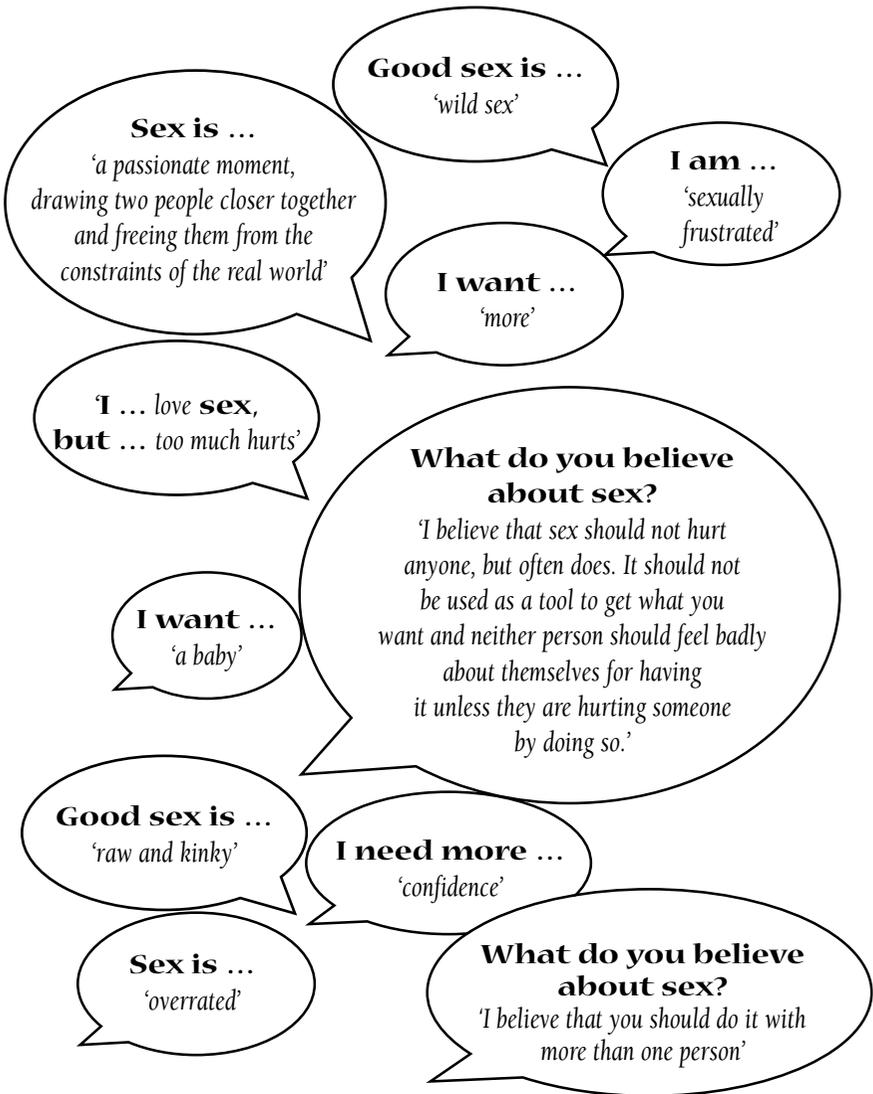
Any other comments:

Many thanks, Amanda Lowe.

What you will read in the quotes scattered throughout the book are the responses from real women of all ages and backgrounds. Talking to these women has confirmed what I had long suspected: that we don't all have, want or need sex toys, bendy bodies, multiple orgasms or even sexual intercourse in order to enjoy sex. Our most erotic organ is our mind, and that is where it all originates. We all think about sex.

This book is not a sex manual. It takes you on a journey, exploring sex in a way that I've never found in all the sex books I've read. This book is about the desire, the essence, the zest of sex and where we experience it.

It's time to taste, savour and relish the power of your most erotic organ. It's time to prime your mind for sex.



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Personal Sexual Abundance

Being aware of your own personal abundance? What's that all about? And what exactly is meant by 'abundance'?

Personal abundance is about having a sense of plenty, profusion, richness, wealth, flow, exuberance and bountifulness. Once we become aware of our own personal sexual abundance, we open ourselves to thinking about possibilities.

I'm not talking about sleeping around and being promiscuous. That is what we might call an abundance of sex but it isn't necessarily personal sexual abundance.

Personal sexual abundance is about experiencing a feeling of fertility – a fertile mind, fertile imagination, planting seeds of possibility and watching them grow.

The opposite of personal sexual abundance is personal sexual scarcity. This manifests itself whenever we focus on what we consider to be a problem.



**The best time
for sex is ...**

*'on the spur of the
moment'*

It's like being director of a stage full of performers, props, scenery, clever lighting, special effects – the whole caboodle is up there at your disposal. For whatever reason, you as the director choose to shine a harsh spotlight on one sad little character. Nobody else, including you, can see any of the stars on the stage, waiting to do their bit, because all the focus is on that one insignificant person. Until you change the focus, that is all anyone will see.



**The best time
for sex is ...**

'whenever you feel like it'

Every year, my secondary school put on a school performance. The director would always choose productions that allowed for as many bodies on stage as possible. Inexplicably, every scene would have fifty or sixty little Mexicans, angels, Egyptian slaves or pirates, sitting or standing somewhere on the stage.

'There is method in my apparent madness,' the director would say to her critics. 'Fifty or sixty kids floating around on stage will bring fifty or sixty families to watch the production. If they're in every scene, then the audience will never get bored, because there will always be something interesting to focus on. Even if the production stinks, which it won't, there will be something in it for everyone.'

Along a similar theme, my most successful mealtimes happen when I slap a selection of all kinds of food on the table: ham, cheese, eggs, salad, jam, honey, fruit, beans, bread, bagels, in fact whatever I can pull out of the cupboard. I know it sounds like a very bad meal, but to my kids and whoever else happens to be sitting at the table, it is utter magnificence. They can each have exactly what they want; everyone is happy, well fed. And all I've done is opened up a couple of cupboards and a fridge. Personal sexual abundance will give you

I'm too ...
'scaredy-cat'

I wish for ...
'hugging and kissing'

I'm too ...
'much of a slapper
according to my friends'

I know ...
'just to relax and enjoy
yourself'

Good sex is ...
'when both you and your partner are in the moment at
the same time and you totally lose yourself in the act of
sex and don't care who walks in or what is going on
around you – like fire alarms'

I know...
'sex is good'

**What does sex
do for you?**
'Not a lot at my
time of life'

Sex is ...
'indicative of what is going on
in my life, sometimes
boring, humdrum, sometimes
inspiring and fantastic'

Sex is ...
'messy, powerful'

**The best time
for sex is ...**
'night-time, in the dark'

I wish for ...
'orgasms'

I'm too ...
'cautious'

8

Power, Satisfaction, Stability and Sex

The obstacles and excuses we put in our way are either caused by us or cause us to have certain feelings, but do we need to find excuses for ourselves? Can't we make our way without excuses, without tripping ourselves up?

Believe it or not, our feelings and emotions about sex are all motivated by three basic conflicts and desires: sexual power, sexual satisfaction and sexual stability.

How can sexual power, satisfaction and stability motivate feelings and emotions? And what has the desire for sexual power got to do with my thoughts and actions concerning sex?

Before I start delving into the issue of power, I want to shed a little light on the subject of desire. If I desire something, it's something I want that I don't at this moment in time have.



'I ... love **sex, but ...**
*I also love
chocolate'*

A desire for sexual power suggests we are powerless or that we need to make things happen in a particular way, for a particular reason.

Explore, taste, savour and relish the power of your most erotic organ – *your mind*

We don't all have, want or need sex toys, bendy bodies, multiple orgasms, or even sexual intercourse, in order to enjoy sex. Our most erotic organ is our mind and we all think about sex. Now you can learn to experience it at its most profound.

This book is not a sex manual; it comes from a place no other sex book explores. It is about the desire, the zest, the essence of sex and where it originates.

"Have you ever asked yourself 'What do I want from sex that I'm not getting now?' If so Amanda Lowe's *Thinking Sexy* may well be your new best friend handbook. Your brain is your most powerful sexual organ and sometimes your brain needs more food for thought served to it. Lowe serves up real people stories and successful quests for better sex ..."

L. Lou Paget, author of *365 Days of Sensational Sex*

"A good read and I loved the quotes from real women. It picked up the diverse attitudes towards sex and made the point that we're all unique and, the more you try to conform to a 'sex life norm', the more likely you are to be disappointed."

Denise Knowles, relationship and psychosexual counsellor

Amanda Lowe is a multi-disciplined practitioner and author of *Bliss* (Crown House Publishing, May 2004). She is a qualified Clinical Hypnotherapist, NLP Master Practitioner, Life Coach, Aromatherapist and Reflexologist. Juggling her role as mother of four, writer, Bliss Consultant and occasional musician, she runs workshops in corporate and personal bliss and stress-busting techniques.

Find out more about Amanda by visiting www.amandalowe.com

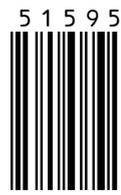
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