

# **SEX AND YOUR DESTINY**



**GREG MALPASS**

***“Read this book and learn more  
about this world and yourself”***



**Love and sex** - are among the most meaningful and ethically significant phenomena in our lives. For many of us, our longing for genuine love and satisfying sex overshadow our desires for education, a career, wealth generation, or arguably the search for real destiny in our lives. Yet love and sex - and our beliefs about both - seem to cause us at least as much suffering as joy, and at least as much regret as satisfaction.

Though private lives remain private, popular cultural, media and social networking references to 'love and sex' abound. Few of us spend time to consider what enduring effect our views and the decisions we make around love and sex have on our lives. In reality it's our personalities which play the leading role in what we think and do and analysis of personality traits and commonly held views and myths on love and sex can yield valuable insight.



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**ISBN (1- 234567- 89- X)**

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**Published by Joe Bloggs Publishing Company Inc  
PO Box 123, A USA State**

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# **“Sex and Your Destiny”**

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**Joe Bloggs Books  
London**

*A wise man once said there is no such thing  
as a perfect man, only perfect intent.*

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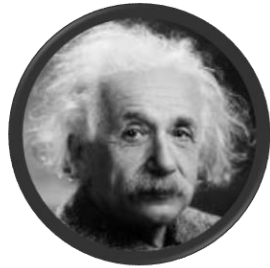
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## Sex & Your Destiny

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*"Gravitation is not responsible for people falling in love"*  
– Albert Einstein



# Introduction



## Sex and the Meaning of Life

If you are rolling your eyes almost in disgust about the idea of a book written to discuss all matters about sex, the unspoken subject, but practiced by all living human beings, and most species of life on the planet, at some time in their lives – well thank you for reading thus far. Most publications about sex may be tittle-tattle or titillation. This book is neither. If you don't marvel at, or care about, the miracle of life, nor are open to the concept and need for deeper self-understanding, a personal inner-calling, the search for life purpose, and the role of love and sex in all of the above, then this book is probably not for you.

That had to be said because there is always a judgemental, pious, armchair critic who always knows best. Then there are those with brighter and more open minds. Freudian theory was that the unconscious mind governs behaviour to a greater degree than anyone understood. And, of course, he purported, life and thought are all about sex, implying intellect and sex coexistence is no coincidence.

Both Freud and Einstein had great minds but shared different views on War and Peace, and Love and Sex. Freud once quipped:

*"You are so much younger than I and I may hope that by the time you have reached my age you will have become a*

*disciple of mine; but since I shall not be here to learn of this, I am now anticipating the satisfaction.” – Sigmund Freud.*

Was it Einstein's love life or application of his genius that was to become his 'Personal Destiny'? In fact, Albert Einstein's genius did not extend to his own love life, which was full of messy affairs, bumpy marriages, constant womanizing, and bitter endings. Being faithful to his wives – and alleged ten girlfriends – was a matter of relativity for Albert Einstein.

'Personal Destiny' is the theme of my three previous Books- 'Out of Darkness Cometh Light', 'Your Real Destiny' and 'The Life of an Author' which are a trilogy of the same body theme: 'How to help the individual take his or her life's reality and, through a process of self-discovery, explore new Meaning and Purpose, and pursue a Personal Destiny'.

Our Destiny is moulded by our Needs as well as our Desires and based on our Principles and Character as much as our Personalities. We discover Real Purpose and ultimately our Destiny in Life by in depth self-study and a grown-up discussion with ourselves about making the right choices going forward.

It's as much about Personality and Character as it is about Principle, and my Books use the 'Enneagram', one of the most powerful and insightful tools for understanding ourselves and others. At its core, the Enneagram helps us to see ourselves at a deeper, more objective level and can be of invaluable assistance on our path to self-knowledge. Only a shallow person would exclude an honest assessment of the role of his/her love and sex life in the search for Destiny. Love and sex impact profoundly on all of our lives, and therefore our Personal Destiny. Sex is important and we ignore it at our peril.

Sexuality is a central aspect of being human throughout life and encompasses nearly every aspect of our being - sex, gender

identities and roles, sexual orientation, eroticism, pleasure, intimacy, and reproduction. Sexuality is experienced and expressed in thoughts, fantasies, desires, beliefs, attitudes, values, experiences and behaviours, practices, roles, and relationships. While sexuality can include all of these dimensions, not all of them are always experienced or expressed. Sexuality is influenced by the interaction of biological, psychological, social, economic, political, cultural, ethical, legal, historical, religious, and spiritual factors.

While individual sexuality is influenced by family, culture, religion, spirituality, laws, professions, institutions, science and politics, the *common components* to the individual, to varying levels depending on their personality, are – ‘Caring, Sharing, Liking, Loving, Trusting, being Vulnerable, Self- Disclosing and Emotional Risk Taking’.

‘Sex and the Circles of Sexuality’, discussed in Part 4, is the best known wholistic model of sexuality developed by D. Dailey, Professor Emeritus, University of Kansas, that encompasses all aspects of being as an individual, including these external aspects of family, culture, spirituality, science, profession, institutions, law, and politics, etc.

While Culture, family, upbringing and external effects do impact on sexuality, the *common components* are all about the ‘Behavioural Traits of our Personalities’. The study of the ‘Behavioural Traits of our Personalities’ is therefore important in understanding our sexuality. Sexuality itself seems to unveil us and show who we are. The Enneagram is the best-known model of study in this regard.

## **Sex and Our Personality**

The *Enneagram* is a personality theory that characterizes nine distinct strategies by which the human psyche develops a

worldview and relates to the self and others; and proposes that by adulthood, individuals have developed a predominant personality strategy to cope with the external environment, and their sexuality. The Enneagram reveals a lot about our sexuality and is profound and powerful in serving to illuminate where the angel in us meets the animal in us in such deeply human, carnal territory.

Ann Gadd's book 'Sex and the Enneagram' implies that sex can 'take us from the sacred sublime to the darkest and most depraved aspects of humanity, carrying us on the wings of pure sensual pleasure, or crushing and humiliating us', and leaving us depressive wrecks. It seems sex and the desire for it in the human experience is, for some, up there with homo sapiens essential survival needs of shelter, food, and water.

Gadd points out that 'Sex encompasses every aspect of universal paradox – pleasure, pain, love, hate, gentle, brutal, spiritual transcendental, primal urge, unconditional giving, self-gratification, playful fun, and serious offence. Gadd uses the Enneagram to bring us to deeper levels of compassion and understanding for each other, concluding how intimate giving and receiving can be an empowering process to embody 'Our love for ourselves and others'. This implies that 'Love' is a feeling of the heart- when we care for another person or feel something for them. Yet there is much more to 'love and sex' than our feelings.

George Gurdjieff, a Russian philosopher, used the Enneagram analysis of nine Personality Types to talk about three 'brains' or three centres of energy and intelligence – Feeling (Heart), Thinking (Head), or Instinctual (Body/Gut) - through which the world is primarily understood, and reactions are formulated. His view was that love can be expressed from each centre with its own quality and result. This Book focuses on these three 'triads'

of love in terms of categorizing human behaviour particularly with respect to sex.

Gurdjieff asserted that instinctual, or body-based love is the most common form of love all around the world. He was sceptical of romantic or emotional love, saying that it can often turn into its opposite (as our feelings change). His view was that the highest form of love comes from the intellectual centre.

Unfortunately, due to the taboo nature of the subject, there is little expression in culture that offers open reflection on the broad range of human sexual flavours and habits. It represents the unspoken word in public discourse, inappropriate to dwell on, but leads to a great deal of neurosis and psychological compartmentalization.

In contrast, the frank accounts, and conclusions about our relationship with sex and love related in this Book are intended to help the individual - whatever their personality type and natural instinctual triad of intelligence and energy - put them in context and importance when exploring new meaning and purpose in life, and intent to pursue a successful and happy sex life and ultimate Life Destiny.

*"Successful and Happy People are those who end up doing what they really want to do and are doing it on Purpose, with Purpose, with Maximum Effort and to Maximum Effect.*

## **Sex and The Enneagram**

If you don't know your Enneagram Personality Type I suggest you take time out here to complete-

THE RHETI® TEST

<https://tests.enneagraminstitute.com/>



*Source: The Enneagram*

A summary of each Personality Type:

- **Type One** – The Reformer has a strong moral compass, is conscientious and ethical. Known to be rational and idealistic, motivated by the desire to be right, to improve everything, and to strive for higher purpose.
- **Type Two** - The Helper is known to be sincere, helpful, generous, and friendly. They are motivated by the desire to be loved, to be appreciated, and to express their feelings towards others.
- **Type Three** - The Achiever tends to be self-assured, charming, ambitious, and energetic. Motivated by the desire to be affirmed, be distinguished from others, and to impress or be admired by peers.
- **Type Four** - The Individualist is sensitive and introspective. They tend to be self-aware, emotionally honest, and personal. Motivations include wanting to preserve their self-image and take care of emotional needs above all else.
- **Type Five** - The Investigator is intense and cerebral. Traits of this type are perceptive, secretive, and

insightful. They are motivated by the desire for knowledge and to have everything figured out as a defence mechanism.

- **Type Six** - The Loyalist is committed, security-oriented, hard-working, and responsible. Good at problem-solving and tend to be cautious. They are motivated by a need for security and feeling supported.
- **Type Seven** - The Enthusiast is generally busy, spontaneous, extroverted, and acquisitive. Motivated by the desire to maintain their freedom and happiness, to keep excited, and to avoid painful situations.
- **Type Eight** - The Challenger is powerful and dominating. Characterized by being self-confident, decisive, protective, and sometimes egocentric. They are also motivated by the need to be self-reliant, to prove their strength, and to stay in control of situations.
- **Type Nine** - The Peacemaker is easy-going, self-effacing, agreeable, and optimistic. They like when things go smoothly, prefer to remain conflict-free, and are motivated by creating harmony in their surroundings.

## **Sex and Enneagram Types**

- **The Sexual One** - is impatient, can be invasive, goes for what he or she wants, and has a sense of entitlement. These Ones have an intensity of desire fuelled by anger that motivates them to want to improve others, including in sex.
- **The Sexual Two** - is a sexy seducer with a desire to be in a loving relationship but questioning whether they're worthy of being loved. Through seduction and sexual charm, they hope to win exclusive relationships with

people; to share secrets with others and to be shared with. Classical seduction is the main approach of Twos, who express a driving need to seduce other people as a way of getting their needs met.

- **The Sexual Three** - has a strong desire to be desired. They can be orgasmic, or at least appear so. They want to be attractive, alluring and wanted by others, particularly their ideal mate. They are often seen as supporters of others. While they may have an abundance of strengths and talents, they often use these to escalate other individuals instead of themselves. At unhealthy levels they are however perceived as narcissistic.
- **The Sexual Four** - tend to be creative, sensitive, and expressive in their behaviour. They like to be unique and seek to find their own identity. Though they desire relationships, they may seem distant and reserved, especially in group settings. They can be angrier than other types. Fours can be very outspoken with their anger because expression of anger is their way of defending against painful feelings, and it can be expressed in their sexuality.
- **The Sexual Five** – is intense, romantic, and emotionally sensitive; and has a passion for finding a special person they can connect with deeply. Fives are probably the most intelligent of the nine personality types, but they live in an inner world filled with ideation, theories, and utopian fantasies about finding unconditional love. The Five searches for a high ideal but looks for the ideal in the realm of love, not sex.
- **The Sexual Six** - can be cautious and indecisive, but also reactive, defiant and rebellious. They typically have problems with self-doubt and suspicion and have a passion for searching for or securing a position of strength. And it's not just a strong character they



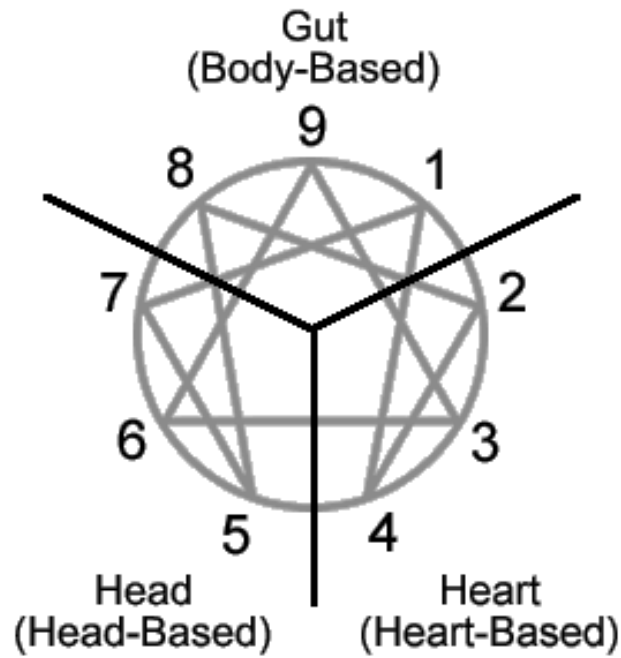
seek, but the kind of strength that makes somebody else afraid. They display a forcefulness that comes from not wanting to be weak. Instead of actively feeling fearful, Sixes have an inner belief that when you are afraid, the best defence is a good offense.

- **Sexual Seven** - is a dreamer with a need to imagine something better than stark, ordinary reality. Sevens have a passion for embellishing everyday reality, for being too enthusiastic, and for idealizing things and seeing the world as better than it actually is. They are less competitive than other types, but more promiscuous. Fierce competition and hostility are antithetical to a Type Seven's laidback and care-free mentality, making them seem particularly easy-going and non-threatening.
- **Sexual Eight** - has a motivational need to be strong and avoid showing vulnerability. They value having a sense of control and being direct and impactful. They can have a strong antisocial tendency. They are provocative people who express lust through open rebellion- through declaring in word and deed that their values differ from the norm. The name given to the Sexual Eight is "Possession," which refers to a kind of charismatic taking over (or dominance) of the whole environment- an energetic capture of people's attention.
- **Sexual Nine** - tends to be very kind, gentle, tender and sweet. They are the least assertive of all the types, but by bringing everyone to the table and letting others be heard makes them the most powerful of the Enneagram nine types. However, the tenderness they express, like other gestures of caring that come from the personality rather than the real self, can be, to one extent or another, false. If they lose their attention, they may get lazy and distracted, with their mind elsewhere during sex.

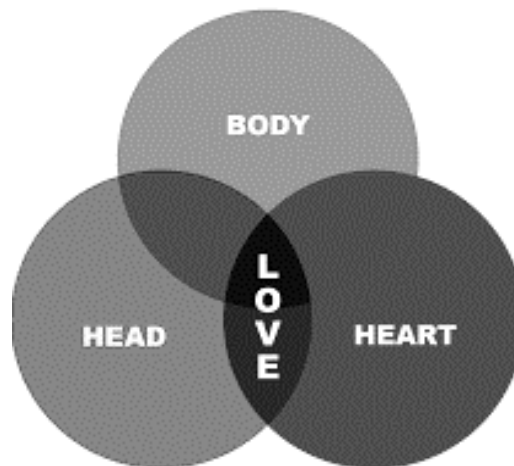
## **Sex and Centres of Energy and Intelligence**

In George Gurdjieff's analysis of the Enneagram and sex, he recognized that rather than setting oneself up to achieve an imagined or ideal standard of sexual behaviour, as so many religions and spiritual traditions try to uphold, personal awakening, with the body as the foundation, necessitates presence with our individual sexuality as it is. Freeing our sexuality from our judgements, shame, and fears is an enormous undertaking in the journey of inner work.

Each of the nine Enneagram Personality Types display a different set of personality traits, that can affect attitude and behaviour to sex. Gurdjieff focused on his three centres of energy and intelligence – Heart, Head, or Body – to categorize them. Body types (8,9,1) almost always rely on their instincts in the moment, whereas Heart types (2,3,4) are fully focused on their feelings 100% of the time. 'Body Centre' Love is the doing for another, taking action on their behalf. It may be combined with a positive emotional state but not necessarily. 'Heart Center' Love is governed by our emotions and supports bonding. Most people, with few exceptions, have strong emotional responses towards people they care about. We are capable of empathy, compassion, and devotion. 'Head Centre' Love is about thinking and seeing and appreciation of the other person. There is a saying that to love someone you have to be able to see who they really are. In summary, Body/Gut types (8,9,1) may emphasize instinctual bonding and doing; Feeling/Heart types (2, 3, 4) may emphasize the heart; Head types (5, 6, 7) may focus on an intellectual connection and seeing the other.



*Source: The Enneagram*



*Source: George Gurdjieff -The Enneagram*

Another perspective is that of Karen Horney, a German psychoanalyst who purports that there are three distinct different drivers when it comes to sex – the Assertive, Compliant and Withdrawn-driven groups:

- *Demanding sex: Types Three, Seven and Eight (Assertive)*
- *Sex is earned: Types One, Two and Six (Compliant)*
- *Submitting to Sex: Types Four, Five and Nine (Withdrawn)*

The Demanding, Assertive or Aggressive Group demand sex

- **Enneagram Types Three, Seven and Eight**

This group moves against others. These types believe they can only get their sexual needs met by demanding, dominating or asserting themselves. They identify who and what they want sexually and pursue them actively. Then they hunt for a partner and can at times appear to be doing so aggressively.

They want to be known, either through being famous, or alternatively by having achieved a certain status (the CEO, the famous sportsman, the powerful politician etc.). Their needs tend to take priority over the needs of others, and they see themselves as the more important person in the relationship. In sexual terms, they would be the 'doms' or dominant /on top people.

The Compliant Group believes sex must be earned or is a duty

- **Enneagram Types One, Two and Six** - The Compliant Group moves towards others. They believe that to get their needs met, they must earn affection and approval, or that it is their role or duty to have sex according to their social or religious beliefs. This they do in different ways according to their type. Not all three types are compliant towards their partners but may be compliant towards their idealized sense of self. 'What is the right way to act?' 'Are there rules I need to abide by?' 'How should I act?'

The Submissive or Withdrawn Group submit to sex

- **Enneagram Types Four, Five and Nine.** - The Submissive Group moves away from others. These types attempt to use withdrawing from others or submitting to others' needs, to engage sexually. Withdrawal isn't necessarily physical but can be emotionally withdrawing into their own headspace or imaginations. They want others to approach them and take the lead, to be sexed rather than actively pursue sex. Consequently, they are seen to move away from others, to detach or avoid interaction, (whilst secretly yearning for it), to deal with their needs. The submissive group seeks security in their interactions and relationships.

Parts One, Two and Three will explore the concerns, myths, and expressions on sexuality under the Centres of Energy and Intelligence – 'Body, Heart, and Head'.



# Part One.

## 'The Body'



The *Body* is everything, right? It's our animal instincts and our 'Fight or Flight' reaction to situations that has enabled us to survive and evolve. Even in the case of 'Natural Selection', it's the body and our instincts which tell us whether a person will be great to have great sex with and provide the healthiest child to procreate with. Now how do I win him/her over, through demonstrating dominance (type 8), kind communication (type 9) or excellence (type 1)?

People focused on the 'Body and Physical' rather than Emotional or Intellectual attachments are all about their 'Instincts' in the moment, whether for themselves or doing for another. They have a special relationship with anger, whether overusing or underusing it. They put importance on - being treated, or treating others with respect; being treated, or treating others, as worthy; and being protected - as vital. They go with their 'gut' feel and act accordingly. They find their autonomy via taking action and control but need to be wary of excessiveness.

But sex is not just mechanical, it's far deeper than that, it's about the human psyche - the soul, mind, and spirit. Sex, like psyche, entails centres of thought, feeling, and motivation, consciously and unconsciously directing the body's reactions to its social and physical environment. But in Part One we will focus on carnal obsession.

## **Sex and Lust**

Now let's get down to the 'nitty-gritty' and brass tacks of it all- Sex and Lust are what it's all about- 'The Business'. Sex is a very important issue for all of us. It's intimate and exciting and so much fun. The sexual instinct is very strong and drives us to all manners of strange behaviour. Sexual attraction is natural. When a good-looking female walks by, and a man notices it's not necessarily the same thing as lusting after her. But Matthew 5:28 of the Bible tells you, 'Everyone who looks at a woman to lust (in thought) for her has already committed adultery with her in his heart'. That probably condemns 98% of heterosexual males in the world. Christianity gets it completely wrong by implying such natural instinct is sinful and should impose guilt on the admirer.

A wise father would simply advise an adolescent son "If you decide mutually to make love with a lady- do just that. Never be selfish and uncaring. Be gentle, kind, caring, loving and respectful." Equally most fathers and mothers would tell their daughters to be very careful and selective – and most are.

Lust (in action), however, involves a choice and, by definition, an act of the will. To a certain extent it's a conscious decision to pursue and act upon a desire instead of simply allowing it to pass on by. It's a willingness to give in to natural impulse. A lot of us have indulged in Sex, Lust and Love at different times in our lives. And that's life. When you place too much emphasis on one rather than the others, that becomes the problem. Lust and Sex without love is seen by many as a so-called vice but Love without Sex and Lust will never be a life virtue. What's for sure, sex without a little romance, can be deflating.



## **Sex and the Quick Fix**

A book by Emily Esfahani Smith entitled 'The Power of Meaning: Crafting a Life That Matters' gives one theory on the pursuit of happiness. Seeking and living a life of pleasure and good sensations might render happiness in the short run, but without deeper meaning it can cause long-term discontentment or even misery. Like sugar, pleasure is sweet and gratifying while consumed, but has undesirable side effects in the long run. Drugs, sex without love, and rich food all provide short-term gratification; creating happiness (or rather a good feeling) for a while only to be followed by a feeling of emptiness over time. God or Evolution has cruelly dealt us a natural propensity for the need for highs such as sex. But few males would bother with sex itself in the long run without the pleasure it offers in the moment, and where would that lead the human race if he didn't. Some older males in long term relationships settle for love without sex, but they elude themselves as being ultimately happy. They often become depressed as a result of not experiencing sexual pleasure and intimacy, however short-lived it may be.

A long-term relationship is a series of short-terms relationships with the same partner. And contrary to the rhetoric, a string of 'quickies' has its appeal. Quickies can be excellent for reintroducing passion into a sex life that has been long neglected. Sex is both a mood booster and a great tool for stress management.

## **Sex and Women's Sex Drive**

There is plenty of evidence that being in a long-term relationship, being a woman, and increasing age are linked to a drop in sexual frequency. Women's sexual desire does decrease in long-term relationships according to a 7-year study period. But participants' ability to reach orgasm improved – especially

in those who had been in the same relationship the entire time. So, for women, staying with a partner means better orgasms but less interest in sex, according to the research.

But a culture of minimising the importance of women's sexual needs, in favour of those of men, is probably the cause of many a marriage break-down. Research has often been cited to back up the idea that, perhaps because of their higher testosterone levels, men think more about sex, seek it more actively, and get turned on more easily. Men's sexuality is like an on-off switch, while women's sexuality is a complicated network of connections. Right? Actually, no.

According to Sigmund Freud, both sexes seem to pass through the early phases of libidinal development in the same manner. Generally, women are sexually active during adolescence, they reach their peak orgasmic frequency in their 30 s and have a constant level of sexual capacity up to the age of 55 with little evidence that aging affects it in later life.

## **Sex and Masturbation**

Masturbation is a mode of sexual activity for both men and women though it has been a source of social concern and censure throughout the human tradition. It has been said that 99% of young men and women masturbate occasionally, and the hundredth conceals the truth. By masturbation, many women as well as men need less than four minutes to reach orgasm

But research has found striking gender differences in factors associated with frequency of masturbation in men and women. When men are having less partnered sex, they tend to masturbate more often, whereas the reverse is true for women.

Research results show 52 percent of male and 18 percent of female participants report masturbating while in lulls of sexual relationship, indicating it is a factor of importance inside and outside relationships. But just how masturbation contributes to or distracts from long-term sexual satisfaction remains to be seen.

Even though masturbation is universally prevalent both outside and inside relationships, there still remains a stigma in using it as a form of sexual stimulation by some partners and members of society. In the 18th and 19th centuries, some European theologians and physicians described it as "heinous", "deplorable", and "hideous". During the 20th century, these taboos generally declined.

## **Sex and Orgasm**

Studies have found that for both men and women, penile-vaginal intercourse and the consistency of being able to reach vaginal orgasm were associated with sexual satisfaction. Vaginal orgasm (as distinct from other orgasm triggers) has a special role in maintaining higher-quality intimate relationships. Orgasms' increase of dopamine, oxytocin, norepinephrine, and testosterone levels can do wonders for our mental and emotional well-being. These hormones and chemical releases can synergistically improve our moods and cognition and diminish anxiety and stress responses.

While the benefits are clear, there are also many obstacles, both physical and psychological, that can make it challenging for some to orgasm.

Women can sometimes find orgasms less prevalent, or more difficult to experience than men during sexual activity. In a survey of 2,850 single men and women, in 2014, women were found to experience orgasm with a familiar partner at an average

rate of 63 percent, while men reached orgasm more than 85 percent of the time.

Sometimes there is just simply not enough blood flow going to the clitoris due to lack of arousal, libido, stimulation, or medication-related issues, which is experienced by 40% of women. There are also anatomical factors, like an excessive clitoral hood or a small clitoris, and during menopause and post-menopause, insufficient vaginal lubrication can make orgasming more challenging. Psychological hurdles might include increased inhibitions related to previous trauma or even guilt associated with cultural or familial shame related to sex and pleasure. Stress, anxiety, and negative body image are also major factors when it comes to women struggling to orgasm.

A balanced sex life involves putting energy into addressing people's bodily and intellectual needs – a balance of thought, feeling, and action, but our Body-based type is content on focusing more on instinct.

## **Sex and Lustful Unfaithfulness**

Any man (or woman) who knowingly and premeditatedly engages in seeking multiple sexual relationships and becomes a 'Philanderer' while knowingly harming his wife (husband) emotionally- is acting not only selfishly, but it is arguably being particularly bad because of its premeditation, and likelihood of causing harm. One must never harm other people by one's sexual behaviour nor put a disproportionate emphasis on the value of sex itself. Such behaviour causes Distress, Divorce and/or has Emotional and Economic consequence.

In general, men are more likely than women to cheat: 20% of men and 13% of women reported that they've had sex with someone other than their spouse while married, according to

data from the recent General Social Survey (GSS) in the USA in January 2018. A 2021 survey by Health Testing Centres polled 441 people and reported: a little over 46% of respondents in a monogamous relationship said they had affairs. nearly 24% of marriages affected by infidelity reported staying together.

The usual reason that people assume for cheating is that one or both partners are not happy, are unsatisfied or are having other personal problems. The truth is more complicated. People cheat on someone they love for a whole range of personal issues due to neglect, commitment or self-esteem issues, lack of intimacy, or even revenge.

In fact, an LA Intelligence Detective Agency noted that statistics show that 56% of men and 34% of women who commit infidelity rate their marriages as happy or very happy. This makes the reason people cheat hard to dissect and comprehend.

A person who has cheated once is however statistically more likely to cheat again, but this is not true for everyone. Infidelity doesn't signify the end of a relationship; a couple can repair their relationship after an affair, after all it was 'just sex' – spoken like a true Body-based type.

## **Sex and Female Genital Mutilation**

There are tens of millions of cases of Female Genital Mutilation across Africa and the Middle East, Malaysia and Indonesia. Apparently Primitive cultures in the past in some of these countries believed that cutting off the female genitalia prevented infidelity and/or sexual promiscuity. Women in these cultures were often seen as property. There is no International Law to combat this global crisis because each country sets its own Laws. The United Nations' UNFPA estimates that at least 59 countries have passed laws against FGM. Of the 29 countries in Africa

where female genital mutilation (FGM) is traditionally practiced, 26 have laws prohibiting FGM. Whether Laws are enforced or not is another question. Maybe in some countries it's still 'Law Abiding' to inflict FGM on a daughter. It should be illegal and policed as such globally and universally considered as not only unethical, but inhumanely criminal.

## **Sex and Titillation**

If you are looking for some form of titillation, I suggest you'll find more arousal or excitement through sexually explicit videos and images on 'hard-porn' websites like YouPorn.com or just from suggestive words in a 'hard-copy' of the erotic romance novel 'Fifty Shades of Grey'. 'Fifty Shades of Grey' has been translated into 52 languages and set a record in the United Kingdom as the fastest-selling paperback of all time, with the first of five novels selling over 125 million copies in its first three years. Sex sells.

The book's portrayal of bondage/ discipline, dominance/ submission, and sadism/ masochism (BDSM) has been targeted for criticism from a variety of perspectives. The British author, E.L. James, also known as Erika Leonard, has an estimated net worth of \$60 million. It seems that for many bored people, reading about sex is more stimulating than the act itself.

## **Sex and the Importance of Getting Laid**

Why so often don't we get it. Sex is like Credit- some people get it, and some people don't. Love is like Karma- the more you give, the more you are likely to receive. What could be characterized as the cause, the fatal flaw that leads to the answer -No? It is most likely to be- 'Lack of Closeness and Dedication.' We dedicate ourselves to our jobs, our livelihoods, our kids, our search for the 'Holy Grail' of financial independence, and men

just can't seem to stop focussing on sex as the priority and ultimate goal in pursuit of women. If more men were gentle and intimate before they sought sex, there would be so much more sex in the world.

## **Sex and Beauty**

If we are going to have casual relationships based on sex alone, wouldn't all (men) want to choose the 'Most Beautiful'. Women are so much more sophisticated in picking a mate- even for a one-nightstand. The popular dating site Zoosk looked through 2,645,930 profiles and 234,688,001 messages to see what women in their 30s, 40s and 50s were looking for in a sexual mate. Irrespective of whether they were looking for a long-term relationship or not, the top contender for women was a man who was honest, followed by a sense of humour and free will. Unlike men, every age-group of women mentioned honestly more often than any other trait when describing what they're looking for. For example, they don't tend to like to sleep with married men, just for casual sex; whereas a man will rarely consider it relevant if the parties are willing. Not getting caught is more a concern.

Which are the Top Countries with the 'Most Beautiful Women in The World'? With different countries comes different cultures, and that leads to all different kinds of beauty - inside and out.

There is nothing wrong with celebrating the physical 'Beauty of Women', or men. But the role of women in society will grow significantly in the future. Perhaps the future 'Superior Role' of women, and their control over the weaker male species - is admirably depicted in the Ancient Greek Mythology and 'The Sirens'.

*"The 'Sirens' were half-woman half-bird creatures that perch on the rocks by the sea and sang beautiful songs that lured men*

*who, refusing to leave, die of starvation, or are eaten by the Sirens in acts of Cannibalism. Odysseus is warned about the Sirens, and he plugs his crew's ears with beeswax in order to block their sweet songs from entering their ears. Being curious about the songs the Sirens sing, Odysseus only plugs his crew's ears with beeswax and then has his men tie him to the mast of the ship, instructing them not to untie him... no matter how much he begs for it. Odysseus hears the song and begs and pleads that his crew release him, but his faithful crew only tighten the ropes more, binding him to the mast."*

## **Sex and Number of Partners**

The Role of Women in the Bedroom has changed over recent years. The Sexual Revolution was a social movement that challenged traditional codes of behavior related to sexuality and interpersonal relationships throughout the United States and subsequently, the wider world, from the 1960s to the 1980s. Sexual liberation included increased acceptance of sex outside of traditional heterosexual, monogamous relationships, the normalization of contraception and the pill, public nudity, pornography, premarital sex, homosexuality, masturbation, alternative forms of sexuality, and the legalization of abortion all followed. Few people are shocked these days, nor as prejudiced as before, nor reticent in sharing their views and comments. An Anecdotal example of Changes in Opinions is a comparison of the UK's ITV hit television 'Blind Date Show' hosted by Cilla Black in the 1980/90's where participants chose their partners for a date by asking probing questions from behind a screen, without physical exposure of any kind- to 2020's 'Naked Attraction' on Channel E4, hosted by Anna Richardson, where ladies choose their date by examining their potential partner's naked bodies first before meeting the personality, starting with the Penis and finishing with the Face, then the Voice and Personality. Progress? Selection based on Assessment of Personality or based on Penis



size. Both TV programs had no difficulty in attracting advertising revenue, based on viewer numbers.

Few people are shocked nowadays. Nevertheless, even now maybe one of the most personal questions one can still ask someone is - how many people have you slept with? If we don't ask, how can we know whether we are 'normal' or 'average', 'baron' or 'nymphomaniacs' While the average, according to research, varies based on gender and location, surveys show that — when it comes to what's average — “normal” doesn't actually exist.

The Healthcare company 'Euro-Clinix' recently surveyed 2,000 people around the UK to find out more about their sex lives. These UK results revealed that 25% of people have had sex with two to four people in their lifetime. Surprisingly, 14% of respondents said they've only had sex with one person over the course of their life. Meanwhile, 2% were slightly more active - racking over 90 partners in their lifetime.

When it comes to reviewing partners' sexual history, Women are generally more flexible than men, viewing only over 15 partners as 'too promiscuous.' Clearly, the 'ideal' number varies from person to person. And although some may have a preferred number in mind, others may not want to know about their partner's sexual history.

Surveys have found that what's perceived as ideal varies based on location. Europeans were more likely to give a higher “ideal” number. The ideal number of past sexual partners in France, for example, is 10.

## Sex and Monogamy

Homo Sapiens are not a naturally Monogamous species, although we regularly 'Commit' to relationships in Social Terms to protect our families. Our closest primate species such as 'Bonobos' and chimpanzees mate with multiple individuals in their groups. Less than 10 per cent of mammal species are monogamous, compared with 90 per cent of bird species. Nevertheless, in various cultures around the world Homo Sapiens (*people*) are able to engage in lifelong monogamous relationships.

The case for monogamy will claim that it is romantically appealing, psychologically comforting, evolutionarily useful, and helps stabilise societies that institutionalise it. But remaining monogamous is difficult for most and there are several biological drivers built into us that contribute to seeking multiple sex partners. The obvious one is based on natural selection and reproduction. They manifest themselves in modern day, as they always have, in lust.

Lust is the direct trigger for copulation, an impulsive, enjoyable, urgent desire for sexual release. And lustful behaviour is based on erotic desire and measured by libido, nothing to do social graces. When we have a quickie in the closet at a social gathering, we are driven by lust not social norms. Perhaps social monogamy plus covert, opportunistic sex is a good, general behavioural model for maximising reproductive success.

There are forms of love that run counter to eroticism – understandably, parental instincts inhibit the erotic drive. If you come to see your partner, over years, as a dependent to be cared for, then it is very easy to fall into the trap of the sexless marriage. This scenario is far too prevalent in many marriages. And as time passes by, some people's libidos fall to a level where

they can't be bothered to put their relationship right or find a new lover.

## **Sex and Sex-Statistics**

'Between-the-Sheets' statistics detail more about the 'Quality' rather than 'Quantity' of sex in society. The Sex-Statistics given below are based on research in the USA in 2018:

- **Orgasm** - While 75 percent of men always reach orgasm during sex, only 29 percent of women report the same. In addition, most women are unable to climax through vaginal intercourse, instead needing clitoral stimulation.

*Source: National Health and Social Life Survey*

- **Virginity** - The average male loses his virginity at age 16.9; females average slightly older, at 17.4. And a new study shows that genetics may be a factor: inherited traits, such as impulsivity, can make a person more or less willing to have sex at an earlier age.

*Sources: Kinsey Institute; California State University*

- **Penis Size** - No matter what the movies might suggest, the average erect penis in the USA is five to seven inches long, and probably similar in other countries.

*Source: Kinsey Institute*

- **Erectile Dysfunction** - Approximately 5 percent of 40-year-old men and between 15 to 25 percent of 65-year-old men experience erectile dysfunction.

*Source: National Institute of Diabetes and Digestive and Kidney Diseases*

- **Sexually Transmitted Infections** - At least 50 percent of sexually active men and women will have a genital Sexually Transmitted Infection (STI) at some point in their lives. STI's or HPV, human papillomavirus, comes in both low- and high-risk forms; low-risk HPV can cause genital warts, and high-risk can cause cervical and other cancers. In 90 percent of cases, the body's immune system will fight off the disease within two years.

*Source: Centres for Disease Control and Prevention*

- **Homosexuals** - There is an extremely low rate of sexual fidelity among homosexual men as compared to married heterosexuals. Among married females 85% reported sexual fidelity. Among married men, 75.5% reported sexual fidelity. Among homosexual males in their current relationship, 4.5% reported sexual fidelity. 28% of homosexual men had more than 1000 partners: "Bell and Weinberg reported evidence of widespread sexual compulsion among homosexual men. 83% of the homosexual men surveyed estimated they had had sex with 50 or more partners in their lifetime, 43% estimated they had sex with 500 or more partners; 28% with 1,000 or more partners.

*Sources: Laumann, The Social Organization of Sexuality; McWhirter and Mattison, The Male Couple: How Relationships Develop (1984); Wiederman, Extramarital Sex; Bell and Weinberg & Journal of Sex Research 34 (1997)*

## **Sex and Habits**

One on hand we may well be having sex with more people than previous generations, but on the other hand we actually spend less time having sex. Similarly, some of our attitudes, such as acceptance of same-sex partnerships have become more liberal,

while other attitudes, such as acceptance of having sex outside a relationship, have hardened.

Perhaps the biggest concern is the statistics about non-volitional sex. The fact that one in 10 women had sex against their will at some point in their life, is simply unacceptable in a civilized society. And the fact that many feel unable to tell others about their experience is a challenge for politicians and policymakers; how to create services that victims of non-volitional sex feel that they can turn to for support. Syria, Afghanistan, Yemen, Pakistan and the Central African Republic are singled out as the Five Worst countries where women are universally mal-treated, and domestic violence, rape and female genital mutilation are generally rife.

## **Sex and Myths**

There is a collection of sexual mythology, listing 7 Myths, that clouds the playing field of uninhibited sexual relations, soured from a book entitled 'The Truth about Success and Motivation'. By Dr Bob Montgomery.

- **Myth One** - Intercourse is the adult, the best, the most important part of sex.

Sexuality does not always require sexual intercourse. Women can wait for intercourse. Less than three in ten women find intercourse sufficient physically arousing to have orgasm. They will please themselves by clitoris stimulation, but it's so much more pleasing and satisfying when the man spends an inordinate amount of foreplay on her stimulation before penetration, and the tongue never loses its willingness to demonstrate intimacy. It's this aspect that tempts the lady to say a quiet 'Thank You' afterwards, so I have found.

- **Myth Two** - Men have to take the initiative.

So often shy men will 'shy away' from initiating the petting in case of rejection rather than expectation of their performance. It bugs most men that they didn't make an approach to the ladies whom they subsequently knew were hoping that they would have. 'The Ones that Got Away'. The equality of the sexes in terms of 'making the approach' should one day put all this to rights.

- **Myth Three** - Men are always responsible for her satisfaction.

There are no 'expert lovers' and ladies differ in their acceptance of intimacy. Very often it's fine to ask her what she wants and likes, or to show you.

- **Myth Four** - Men need to do the Arousing.

The partner who plays a more passive role, relying on the other person's choice of technique, will usually be slower in arousal. Partners are never equal, rarely climax together, and a sensitive partner will sense this and go with the flow.

- **Myth Five** - His Penis is everything for her.

Men love to have their penises stimulated, and normally quite visually. But preoccupation about size or hardness can inhibit the man. Fortunately, the 'Blue Pill' can deal with any erectile dysfunction as the years pass or passion wanes. But focus on a full sexual encounter, not just the sex organs, will arouse interest and intimacy more profoundly.

- **Myth Six** - Her Vagina is everything for him.

Women who shun stimulation outside the vagina are probably wanting to get it all over. Women love being caressed, with particular attention to the clitoris- and gently

as you go. She will tell you how firm, how gently, how fast, how slow- let her instruct.

- **Myth Seven** - Having an Orgasm together is the optimum.

Worrying about this will deflate the passion. But generally, the man ejaculating too soon will certainly leave the lady unsatisfied. Men need to learn to let the lady set the pace, and make sure her needs are met, one way or another.

## **Sex and Adultery**

Adultery is 'Unfaithfulness' with a difference or added dimension – it happens in a committed long-term relationship – in a 'Marriage'. Long-term relationships almost inevitably confront us with one highly uncomfortable dilemma around sex. On the one hand, monogamy feels like a profoundly desirable and often default state, approved of by the community, religions, the media, one's children and the ethos of Romanticism. It is a route to emotional closeness, a spur to cosiness and a defence against jealousy and chaos. Yet, at the same time, sexual exploration refuses not to seem in some way, on occasion, enormously compelling, obeying to certain deep-seated physical drives, and accompanied by the intense joys of breaking routines, kissing a stranger for the first time and being for a while unencumbered by any practicalities or troubling emotional connections.

Sadhguru, the Indian Guru, states that adultery goes beyond the limited moral definition that society ascribes to it today and suggests we look at bringing love into everything we do, not just into our relationships.

He states that when young people meet and marry young, around 18, they grow together and become homogenous 'concrete' together. They are likely to stay together and not stray. Couples who meet later in life in their 50's will have a

different perspective on their new relationships and are also likely to 'concrete' together, having put their pasts behind them. However, the remainder of early 20's to late 40's are likely to have their own engrained ideas and ideals, and when their partnerships falter, so does their fidelity.

Adultery in a relationship is not about right or wrong, it is just a question of sense and consequence. Every action has a consequence. The ideal is to be sensible in one's choice. Not all of us are wired to do so, even those in high office are vulnerable. It's often said that women usually need a 'reason' to be unfaithful, while men just need a 'place' and the opportunity.

President John F Kennedy was single in the 1940s when he had affairs with Danish journalist Inga Arvad and actress Gene Tierney. Before and after he assumed the presidency, Kennedy reportedly had extramarital affairs with a number of women, including Marilyn Monroe, Gunilla von Post, Judith Campbell, Mary Pinchot Meyer, Marlene Dietrich, Mimi Alford, and his wife's press secretary, Pamela Turnure. Testosterone, machismo or stupidity? J. Edgar Hoover, the FBI director, received reports about Kennedy's indiscretions, and the President will have been aware that his indiscretions could not be kept from either his wife or the White House. Maybe Kennedy believed that his friendly relationship with members of the Press would help protect him from public revelations about his sex life. Or maybe, like the reputation of certain French political leaders, it was to be expected and almost something of which to be proud, rather than ashamed.

Though there has never been any proof of homosexual activity between them, Kennedy would often, and even when married, share a bedroom with his lifelong and close friend Lem Billings. Now that was pushing the boundaries in terms of 1960's mindset and opinions on sexuality.

Generally, adulterers get a bad rap in Life.



## Sex and Famous Philanderers

Alyssa Merwin, a writer from Los Angeles, noted in 'The Talko' some of the Most Famous and Colourful Adulterers and 'Serial Cheaters' in History. Among these famous adulterers of history are queens, pop stars, painters, presidents, writers, and actresses

- **Cleopatra** - Cleopatra was the queen of ancient Egypt in 44BC. She was known for being a beautiful, confident, and wise ruler who was involved in a tragic love affair with the Roman general Marc Antony. However, she was also romantically involved with other men besides the general. When Cleopatra first came to power at 18, she was required to marry her brother, Ptolemy XIII, because a queen had to be led by a king. When she was thrown out of Egypt by her brother, she met Julius Caesar and they became entwined in a love affair though it was mostly just a political agenda on both parts. She eventually met Marc Antony and the two were married. Basically, Cleopatra cheated on her husband multiple times with Marc Antony and Julius Caesar, but her husband was also her brother so it's a forgivable offense.
- **Madonna** - The dating history of Madonna is long and legendary, and the list includes Dennis Rodman, Warren Beatty, Antonio Banderas, Lenny Kravitz, Vanilla Ice, Michael Jackson, Willem Defoe, Guy Ritchie, Alex Rodriguez, and Sean Penn. There have been cheating rumours about Madonna for decades throughout her numerous relationships and, let's be honest, there was bound to be some overlap. Her most notorious cheating scandal was the one between her and A-Rod which allegedly broke up her marriage with Guy Ritchie. She also dated John F. Kennedy, Jr. while she was still married to Penn but it's hard to feel sorry for Penn who once tied Madonna to a

chair and tortured her for hours before she was able to escape. Nevertheless, Madonna openly declares Sean the 'Love of her Life'.

- **Ernest Hemingway** - Hemingway may have been one of the greatest writers of the 20th century but Ernest was definitely not the ideal husband or lover. He was a heavy drinker, volatile, physically abusive, and misogynistic. Basically, not a great guy. Over the course of his life, Hemingway had four wives and countless mistresses and often times, his wife and his mistress were forced to interact with each other. Why did they put up with this? Well, he was very charismatic, charming, and handsome. It would appear that while he showed a soft and romantic side of himself to his wives and mistresses, it was his obsession with his own masculinity that seemed to require him to never be without a woman and it was his goal to seduce every woman he desired even though he saw them as inferior. It's safe to say that Hemingway was definitely not a feminist.
- **Pablo Picasso** - The women in Pablo Picasso's life were very often his muses and it all started with Fernande Oliver who he painted during his Rose Period and had a relationship for seven years. When Oliver left, he then fell in love with a woman named Eva Gouel who soon became sick and died an early death. Picasso claimed to have loved Gouel but he was in a relationship with Gaby Lesinasse while she was ill. He married ballerina Olga Khokhlova and while he was married, he had a mistress named Marie-Thérèse Walter who he kept secret, until she became pregnant with Picasso's child. Picasso and Khokhlova separated but never divorced because he didn't want his wife to receive half of his wealth. He had a relationship with Françoise Gilot who eventually left because of his abusive

nature but while they were still together, he had an affair with 17-year-old Genevieve Laporte (he was 70 at the time). Great painter but by all accounts not such a great guy.

- **Marilyn Monroe** - Marilyn Monroe had many marriages (although not as many as Elizabeth Taylor) and many love affairs. Her most famous alleged affair was with President John F. Kennedy. There are many stories of Monroe cheating on her first husband with executives and producers in order to further her career which is something many aspiring actresses were pressured into doing (rather like the infamous Eva Peron, First Lady of Argentina). If her many biographies are to be believed, she had affairs during all three of her marriages with celebrities such as Marlon Brando, Frank Sinatra, and even Joan Crawford. These allegations are unproven, but Monroe did have a habit of never being without a man and said of her many relationships that she couldn't stand to be alone, but she also couldn't stand to being in a relationship either.
- **Albert Einstein** - Albert Einstein may have been smart but it didn't keep him from cheating. He and his first wife, Mileva Maric, were married in 1903 and he was cheating with many women throughout the marriage. Maric and Einstein were divorced in 1919 and just a few weeks later, Einstein married his second wife, who also happened to be his first cousin. Albert and Elsa had begun an affair in 1912 while he was married to Maric but Elsa was just one of many women. Einstein's second marriage did nothing to stop his adulterous ways and while he was discovering the theory of relativity, he was having affairs all over town. He had affairs over the course of his marriage with Elsa with women named Estella, Margarete, Ethelle and two women who were both named Toni. He may have been a genius when it

came to physics, but he wasn't very smart when it came to marriage. He also allegedly had a passion for prostitutes.

- **William Shakespeare** - Though he wrote dozens of famous plays, much of William Shakespeare's actual life is a mystery. In the film *Shakespeare in Love*, the playwright is depicted as having an affair with an actress while he was still married but it is not known how much is actually true. He was married to Anne Hathaway after he had gotten her pregnant and we know that he was probably having an affair with a woman known as the 'Dark Lady' which he wrote about in his sonnets. "The Dark Lady" may have been the poet, Emilia Lanier, Elizabeth Wrothesley, Countess of Southampton but there are theories that his sonnets are actually about the countess' husband Henry Wriothesley. Many people believe that Shakespeare may have been bisexual. We'll never know if he was a serial cheater for sure but if his steamy sonnets are any indication, he was definitely having multiple affairs.
- **Elizabeth Taylor** - Elizabeth Taylor had eight marriages over the course of her life and numerous affairs, the most famous affairs involved Eddie Fisher who was married to Debbie Reynolds at the time. After Taylor's husband died suddenly in a plane crash, Fisher was there to be her shoulder to cry on and the two began an affair and he eventually left Reynolds for the actress. However, Fisher got a taste of his own medicine when Taylor met her future husband Richard Burton on the set of *Cleopatra* and the two began their famously torrid relationship and she divorced Fisher and married Burton a week later. She had many other affairs after her relationship with Burton and even remarried him years after they divorced only to divorce him again. As *Cleopatra's* actual relationship with Marc Antony

was doomed from the start, so would the relationship of the actors who played the respective characters.

- **Benjamin Franklin** - Benjamin Franklin was a magnet in his day. Though he was married to his wife Deborah for 44 years, he still fathered an illegitimate child on the sly who she eventually helped raise. He spent 18 years of their marriage away in London or Paris where he had many mistresses. In a famous letter to a friend, he explained how exactly to choose a mistress. He told his friend that he should always choose an older mistress rather than a younger one because you didn't have to worry about them getting pregnant, they offered more stimulating conversation, and they would be much more likely to keep the affair to themselves.
- **Donald Trump** - Back before he became the most odious of US Presidents, Donald Trump was the dodgiest of husbands. He was gross then too and had many affairs with various blond women. Of course, he always respected women, especially blonds. He had an infamous affair with Marla Maples while he was still married to Ivana Trump. He has since implied that there have been many more affairs than the one with Maples. A former bunny claimed to have been one of his mistresses over a decade ago while he was married to Melania. The National Enquirer paid her \$150,000 for her account on her romantic entanglement with Trump but the story never ran. This is probably because the company has close ties to Trump and the idea of people being paid to keep quiet about affairs with Trump is not at all surprising. There is probably something there since they had to cover the story up. In an interview, Trump was asked about his affairs, and he said that he never discussed it because "it was never a problem." Sure.

## **Sex and Prostitution**

With an estimated 42 million prostitutes around the world and ever-growing sex industry, sex and prostitution remain a big issue. It might be the world's 'oldest profession' but views on prostitution around the world differ greatly. Prostitution is defined as the practice, business, or occupation of engaging in sexual activity with someone in exchange for payment.

Prostitution occurs in a variety of forms and its legality also varies from country to country. Its legality reflects different opinions on exploitation, gender roles, ethics and morality, freedom of choice, and social norms – without agreement on ethical terms across nations. There's a lot of sex in the world, and where there is demand for sex and money between willing traders it thrives unabated.

There are widely different views and types of legality. Prohibition-ism means that prostitution is illegal. Neo-abolitionism considers prostitution to be violence against women, and so the clients and pimps are prosecuted, not the prostitute. Abolitionism considers prostitution to be legal; however, public solicitation, operating brothels, and pimping are prohibited. The legalization of prostitution allows prostitution and employment of prostitutes to be legal but is regulated. Decriminalization of prostitution treats prostitution like any other labour and is subject to minimal or no special regulations - most countries have different local laws regarding prostitution.

Prostitution is seen as a major issue for religious groups and causes controversy within feminist activism. Some feminists believe that prostitution harms women and reinforces stereotypical views about women as sex objects. Other feminists believe that prostitution is a valid choice for women who wish to engage in it.

A common theme in some of these examples of questionable ethics and practices is - often it comes down to acceptability and/or accountability - and the question of whether there is a difference between business ethics and personal ethics. During Prohibition in the US, alcohol was widely consumed and not considered unethical by many, but the Bootleggers were invariably part of organised crime gangs involved in unethical business. A similar argument has applied to illegal drugs. Criminalising Prostitution worldwide remains a major challenge.

Although sex is the synonym of prostitution, in reality, there is a lot beyond that; innocent childhood, betrayal, lost family, hungry stomachs, destroyed dreams, dead hopes, unwanted pregnancies, etc.

In a survey of prostitution, the majority of prostitutes say their own sexuality, sexual curiosity and money are the main reasons they chose their line of work, but it is universally motivated mostly by the need, even if sometimes greed – for money.

The sexual drive is not the reason to charge money, the main reason for prostitution in all groups is always money. And often it is driven by a need to provide for children and family, in the absence of a providing father.

Money is cited by 85% of the prostitutes as the key motivator. Some have to pay for housing, food and day care for their children, others must pay for their drug abuse, while others want an extra week's holiday abroad and designer clothing in which to travel.

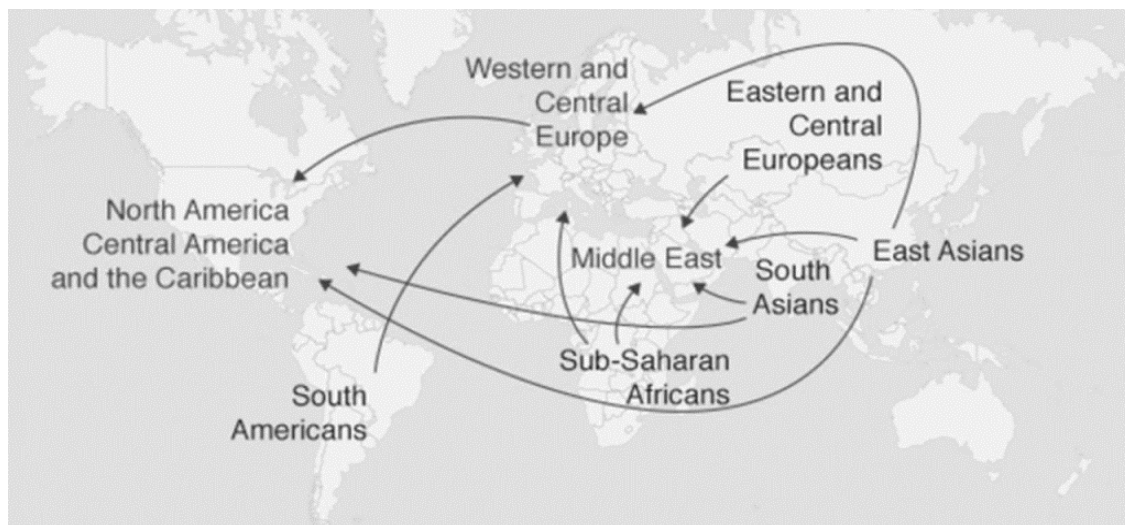
A typical story, in the third world particularly, is that the man abandons the lady and their baby and takes all the money, or money earning capability there might have been. The lady leaves

the child with her parents, then moves to an overseas market to seek work and provide for her family. Some end up as Nannies caring for other peoples' children rather than their own; some work as cleaners or hospital workers; many end up in prostitution as the only way to earn a living (especially if they owe a People -trafficker thousands for their passage).

These women are victims and deserve empathy.

## Sex and People Trafficking

### International Sex Trafficking (and Migration) Routes



Source: UNODC

Some people dislike Prostitutes, everyone hates Pimps - low lives, invariably displaying zero empathy, abusing ladies far more than the Prostitute's Clients usually do. The most common stereotype of a prostitute is the street walker, drug addict, controlled by a pimp, and willing to accept a few dollars for her/his services.

In reality, this "oldest profession" falls into several categories. Yes, there are the street walkers whose lives are awful. However, there are also those women who provide sexual favours in



massage parlours, small hotels and out of their own apartments. At the end of the spectrum are those women who are escorts or professional sex workers. Often, they work for themselves and charge sums of money that can run into thousands of dollars for a night out. Sometimes their clients are politicians, sports figures, and Hollywood movie stars.

Sex trafficking is an international, multi-billion-dollar business involving criminals who kidnap and enslave girls. Girls as young as ten-years of age are snatched from their countries and sold into prostitution far away from their native homes.

The 'Men' who use/engage with prostitutes range from those who believe they are ugly and unable to have sex without paying for it- the 'Sad Guy'; those wanting sex but without all of emotional involvement that comes with chasing a girlfriend- the 'Lazy Guy'; and those wanting casual sex with absolutely no obligations attached- the 'Opportunist'.

Some Guys on holiday are 'Recreational Punters' while men working long, hard hours leaving no time for dating and romance, are the 'Needy Quickie Guys'.

A former prostitute who has slept with over 10,000 men has answered the golden questions that many women ask – including “what do men really want from sex?” In fact, in the decade she was in the industry, the most important thing her clients wanted was the “feeling of being needed and wanted. And maybe also wanted badly by a horny woman. It is their ultimate fantasy after all.”

Such men tend to be kind, caring and grateful for the service they are given. Others who respect these-type-of-ladies less are invariably the more aggressive and abusive type.

The major concern about both types of men is not so much that they pay for sex but that they seem blind to the plight of these women. Many men convince themselves that prostitution is a choice and that none of the women they see are exploited.

These are difficult issues that stir controversy. As a result, there are those who advocate legalizing and regulating the sex industry. There are others who remain outraged by this for moral, or religious reasons.

## **Sex and Pimps**

Some men are base and quite sickening. They enter the local Dens of Iniquity, drunk. They grab girls, go behind a curtain for minutes and reappear bragging to their mates, showing no respect for the ladies whom they used, and abused. Did they see a quick release, a dirty thrill, a receptacle? Maybe all Nations should adopt the Nordic Model which decriminalises the sale of sex but makes buying it a crime.

But what the 'Arm-Chair Critics' and puritans and Nordic model advocates don't understand is that prostitution is inexorable, eternal, encoded in civilisation's DNA. This is not to conclude that male sexuality is so dark, volcanic and all-powerful that denying it a commercial outlet will bring forth rape and violence.

Men will always seek prostitutes, occasionally, whether for company long after the loss of a partner, or for personal comfort in other times of loneliness, or occasionally for self-gratification-it's a human function and doesn't have to be satanical. But if ladies are abused in the process, it should always be criminal.

It's no coincidence that the Nordic Model was pioneered in the most gender-equal countries: Sweden, Norway, and Iceland. In these countries, prostitutes are assisted to leave prostitution

and, unafraid of prosecution or retribution, can report violent punters. Prostitute numbers are reducing drastically in these nations, which is good. What is the solution? Should prostitution be reclassified as part of the 'Leisure Industry'.

In Germany, 12-storey mega-brothels have 'gang-bang' floors, menus catering for the roughest tastes. Some charge a flat rate for an 'all you can screw' deal. Others offer a cheery lunchtime 'Shag-Fest' special of a Bratwurst, beer and Quickie Shag. Women as a side-order- what a brave 'pro-sex' New World.

The Balance in Burden of Criminality should shift to those Agents (Pimps) who arrange and Aid and Abet it, and those Punters who are violent or abuse the Ladies who sell it. And the Bottom Line is those who sell it should be protected. But illegal or immoral forms of 'Prostitution' in most of their forms will never be eradicated around the world while men with money seek easy sex for money, and a Culture of Corruption prevails in society.

## **Sex and Emotional Affairs**

While there are those who believe that an emotional affair is harmless, most relationship experts view an emotional affair as cheating without having a sexual relationship. Indeed, Emotional Affairs are often gateway affairs leading to full-blown sexual infidelity.

These are demonstrable facts that personal emotions and sexual attraction are inextricably entangled. If Emotional Affairs turn into sexual relationships, they invariably become transient and short lived, unless they result in the break-up of the long-term relationship. Nevertheless, they can cause irreparable damage. So, being flippant about having affairs and 'finding lovers' is a double-edged sword. It can relieve depression, make one feel better about oneself, wanted and happy- while it lasts.

Thereafter upon reflection it can lead to deeper depression. Therein lies the mystery and complexity of many a sexual dilemma.

Everyone has a different take on unfaithfulness, sex and morality. Most end up with the same realisation of the folly and lack of good sense unfaithfulness represents; and a recognition of the losses it can cause in life. Almost no one consciously sets out to become unfaithful or emotionally abusive. Sometimes it is a way to turn the tables and protect oneself from hurt, and finally have a sense of power or control in an intimate relationship.

## **Sex and Learning from Dogs**

Dogs do show a weakness for casual sex, it's true, but they are not deceptive — often, it will happen right in front of your eyes — and you know that, post-coitus, what they would most like to say to any obliging bitch is: "It was fun, but you must understand I am fully committed elsewhere, and that situation is not about to change."

Men should not focus all day on begging for food or sniffing ladies' bottoms to find a sex partner- but it is worth learning from dogs and not dwelling on yesterday, nor tomorrow so much. All our days are numbered, and if Happiness is found and enjoyed today, what's wrong with that in itself. And most dogs don't break wind or smoke after sex.

## **Sex and Family Loyalty**

Money, sex and infidelity are the main causes of human relationship breakdowns, and of course children often pay a heavy price. Only about three per cent of mammal species are monogamous and it has been a puzzle as to why it evolved in some monkeys and apes but not others. Gibbons, for instance,

are strictly monogamous but other great apes, such as polygynous gorillas and promiscuous chimpanzees, are not.

But we as humans are mostly monogamous in terms of commitment to our children, if not in terms of the flesh. We all too often claim children are our life's work but dedicate less quality time to them than we would like to admit. Most people would rather have sex with their partner at weekends than take their kids to the park or Sunday school. We are not the Godly dedicated parents sometimes we make ourselves out to be, but we are always ready and willing to exercise our sexual fantasies when we get the chance.

## **Sex and Sexual Identity**

Sexual Identity is who we are as sexual beings and how we label ourselves and our desires, including Gender identity: a person's internal sense of being a man or a woman, irrespective of birth sex; Sexual orientation: a person's primary attraction; and Sexual expression.

Sexual identity refers to both a person's sexual orientation and preferences (whether they are attracted to same sex, opposite sex, or both) and how they choose to manifest that choice. For example, a person may choose to assume a "straight" or "gay" identity which may be congruent or incongruent with their sexual preference(s). In other words, a person may identify or dis-identify with their sexual orientation. A person's overall identity is a conglomerate of their gender identity, their sexual identity, their behaviour and their values and beliefs.

Gender identity issues, (also referred to as "gender dysphoria") relate to a person's thoughts and feelings that the gender they were assigned at birth is not consistent with their desired gender or genders. This often results in distress and difficulties around

their identity. A person may feel uncomfortable with their birth gender and may identify with the opposite gender, dressing and acting in a manner consistent with their preferred gender. They may feel uncomfortable with their given physical characteristics (facial appearance, voice, genitals) and may seek medical treatment to alter their gender, using hormone therapies, cosmetic procedures and/or surgery. Some persons may identify with both genders, alternating their dress and act to coincide with either gender or both at the same time. They may refer to themselves as "non-binary." Gender identity issues may interrelate with sexual identity issues such as sexual preferences and actions.

## **Sex and Types of Sexuality**

Straight or Gay is a universal term understood by all. But as far back as 1948 the 'Kinsey Scale' published a Paper, acknowledging the fact that many people may not identify as either heterosexual or homosexual. A person's sexual orientation describes whom they feel romantic and sexual attraction toward.

Sexuality can exist on a spectrum, and people do not have to feel sexual and romantic attraction at the same time or toward the same gender.

'Medical News Today' lists the Types of sexuality which include:

- **Allosexual** - This is an umbrella term. A person who identifies as allosexual typically feels sexual attraction toward other people. They may also want to have sex with a partner. People who identify with this orientation may also identify with another sexuality, such as being gay, lesbian, or bisexual.
- **Androsexual** - People who consider themselves androsexual feel attraction toward men, males, or

perceived masculinity, irrespective of whether or not they were assigned male at birth.

- **Aromantic** - A person who identifies as aromantic may not feel any romantic attraction toward anyone. They may not want a relationship beyond friendship. Those who identify with this orientation may also identify with another orientation. A person's romantic attraction can differ from their sexual attraction. For example, a person may not feel romantic attraction toward people but may still be sexually attracted to some individuals.
- **Asexual** - Asexual is an umbrella term that encompasses a broad spectrum of sexual orientations. Some orientations that exist within the asexuality spectrum include:
  - **Sex-averse:** This is when a person is averse to or entirely disinterested in sex and sexual behaviour.
  - **Sex-favourable:** This is when a person has positive feelings toward sex in some situations.
  - **Sex-indifferent:** This refers to those who feel neutral about sex and sexual behaviour.
  - **Sex-repulsed:** This refers to those who are repulsed by sex and sexual behaviour.
  - **Cupiosexual:** If someone identifies as cupiosexual, they do not experience sexual attraction but still desire to engage in sexual behaviour or have a sexual relationship.
  - **Libidoist asexual:** This term refers to those who identify as asexual but experience sexual feelings that they can satisfy with masturbation or self-stimulation.
  - **Gray sexual:** Those who are Gray sexual experience sexual attraction either infrequently or not very intensely.
  - **Gray romantic:** People who identify as grey romantic may experience romantic attraction either rarely or not very strongly.

- **Authoromantic** - Those who are autoromantic experience a romantic attraction toward themselves. This does not mean that they do not experience romantic attraction toward others as well.
- **Autosexual** - Those who identify as autosexual experience a sexual attraction toward themselves. Similar to those who are autoromantic, people who are autosexual may also experience sexual attraction toward other people.
- **Bicurious** - People who identify as bicurious are interested in having a sexual or romantic experience with someone of the same gender. The term indicates that the person experiences some uncertainty as to how they identify romantically or sexually.
- **Biromantic** - People who identify as biromantic feel romantic, but not necessarily sexual, attraction toward more than one gender.
- **Bisexual** - A person who identifies as bisexual can be of any gender. Bisexuality means that a person feels attraction toward their own gender and other genders or toward anyone regardless of their gender.
- **Demiromantic** - People who identify as demiromantic usually do not feel romantic attraction toward people with whom they do not have a strong emotional bond.
- **Demisexual** - A person who identifies as demisexual typically only feels sexual attraction toward a person with whom they have already established a strong emotional bond. Some people who are demisexual may have no interest or only a slight interest in sexual activity.
- **Gay** - A person who identifies as gay typically only feels sexual attraction toward people of the same gender. Socially, people use this term to refer to men who are romantically and sexually attracted to men. However, those in the community use it as an umbrella term.
- **Gynesexual or gynosexual** - People who identify as gynesexual feel sexual attraction toward women, females,



and perceived femininity, irrespective of whether they were assigned female at birth.

- **Heteroromantic** - Those who are heteroromantic may experience romantic attraction, but not necessarily sexual attraction, toward those of a different gender.
- **Heterosexuality** - People who are heterosexual, or “straight,” typically feel sexual and romantic attraction toward people who are of a gender different than their own.
- **Homoromantic** - Homoromantic refers to people who are romantically attracted to those of a similar gender to their own. They may not feel sexual attraction toward these people, though.
- **Homosexuality** - Homosexuality is a term describing those who are emotionally and physically attracted to people of the same gender.
- **Lesbian** - Those who identify as lesbian are usually women who feel sexual and romantic attraction toward other women. The sexual orientations that come under this term include heterosexuality, gay, and lesbian.
- **Pansexual and omnisexual** - These sexual orientations refer to people who feel attraction toward people of all genders and sexes. A typical identifier for people with this orientation is that gender is not a factor in sexual or romantic attraction. While there is overlap between these two terms and bisexuality and polysexuality, some people may prefer to use one term over another.
- **Panromantic** - This term refers to those who experience romantic attraction, but not sexual attraction, toward people of any gender or sex.
- **Polysexual** - People who identify as polysexual feel sexual or romantic attraction toward more than one gender.
- **Queer** - People of all sexualities under the LGBTQIA+ umbrella may also identify as queer. Historically, many people used the word queer as a slur.

- **Sexual fluidity** - People's sexuality can be fluid. This means that their sexual orientation is not fixed, and they may not define themselves by any particular sexuality.
- **Skoliosexual** - People who identify as skoliosexual typically only feel attraction toward people who are nonbinary.
- **Spectra sexual** - Spectra sexual is a term that describes those who are romantically and sexually attracted to multiple sexes, genders, and gender identities but not all of them.

## **Sex and The Psychopath**

Primary psychopathy is characterized by hostility, extraversion, self-confidence, impulsivity, aggression, and mild-to-moderate anxiety. There is often an absence of emotional connection and true empathetic feeling.

By definition, the psychopath doesn't have successful relationships. Though the psychopath may commit illegal crimes, a psychopath can go through life wreaking harm on others and yet never commit an actual crime. The traits of the psychopath are deeply troubling when applied to sex and relationships.

The general advice is once identified, stay well clear. Like much of their behaviour, psychopaths have mastered the art of performance. The psychopath is sexually motivated by power - everything is a means to an end. The psychopath who seeks to drain the bank account of a vulnerable but wealthy individual will have as much sex, or provide the best sex possible, if it helps him or her achieve that goal. Similarly, another psychopath who has sexual urges seeks a willing partner on whom to force himself and have sex as rough as necessary to discharge the dysregulated, hostile energy.

## Sex and Other Personality Disorders

Our sexual behaviour expresses not only our psychosexual makeup but also the entirety of our personality. Sex is the one realm of conduct which involves the full gamut of emotions, cognitions, socialization, traits, heredity, and learned and acquired behaviours. Personality Disorders can also influence sexuality and sexual behaviour.

The main personality disorders include: Paranoid, Schizoid, Histrionic, Narcissistic, Borderline and Dependent - Personality Disorders.

- **Paranoid Personality Disorder** - With this disorder sex is depersonalized and the sexual partner is dehumanized. The paranoid is besieged by persecutory delusions and equates intimacy with life-threatening vulnerability,
- **Schizoid Personality Disorder** - These types are asexual. The schizoid is not interested in maintaining any kind of relationship and avoids interactions with others, including sexual encounters. He/she prefers solitude and solitary activities to any excitement sex can offer.
- **Histrionic Personality Disorder** - Typically women, but also men with this disorder leverage their body, appearance, sex appeal, and sexuality to gain narcissistic attention and to secure attachment, however fleeting. Sex is used by histrionics to prop up their self-esteem and to regulate their labile sense of self-worth. Histrionics are, therefore, inappropriately seductive and have multiple sexual liaisons and partners.
- **Narcissist Personality Disorder** - Narcissists are categorized as either 'somatic or cerebral' Somatic

narcissists (like psychopaths) use their partners' bodies with which to masturbate, and their sexual conquests serve merely to prop up their wavering self-confidence or to satisfy a physiological need (in the case of the psychopath). The somatic narcissist has no empathy and no sexual playmates - only sexual playthings. Having made a conquest, they will move on heartlessly. The cerebral narcissist (and the schizoid) is asexual and prefers activities and interactions which emphasize his/her intelligence or intellectual achievements. Many cerebral narcissists are celibate even when married.

- **Borderline and Dependent Personality Disorders** - These personality disorder types both suffer from abandonment and separation anxieties and are clinging, demanding, and emotionally labile. They use their sexuality to reward or punish their sexual partner. The dependent uses it to enslave and condition his/her lover or spouse.

## **Sex and Compulsive Sexual Behaviour**

Compulsive sexual behaviour is sometimes called hypersexuality, hypersexuality disorder or sexual addiction. It's an excessive preoccupation with sexual fantasies, urges or behaviours that is difficult to control, causes distress, or negatively affects health, jobs, relationships or other parts of a person's life.

Compulsive sexual behaviour may involve a variety of commonly enjoyable sexual experiences. Examples include masturbation, cybersex, multiple sexual partners, use of pornography or paying for sex. When these sexual behaviours become a major focus in life, are difficult to control, and are disruptive or harmful to others, they may be considered compulsive sexual behaviour.

No matter what it's called or the exact nature of the behaviour, untreated compulsive sexual behaviour can damage self-esteem, relationships, career, health and other people. Immediate treatment should be sought if there is risk of harm to self or others due to uncontrolled sexual behaviour.

And if compulsive sexual behaviour is being attempted to be controlled by repressing it rather than redirecting the sexual desire, the problem exacerbates. No matter how religious or moralistic a person is, they can't turn off our sex drive. Self-castigation for having sexual thoughts won't make anyone pure or offer long-term sexual health. We are sexual beings, and we are going to notice, get aroused by, and desire people of the opposite sex. The goal is not to live free of sexual urges, but to be healthy enough emotionally, relationally, and spiritually such that one can choose not to dwell on — or act on — the sexual thoughts that come up.

## **Sex and a Couple's Sex Drive**

Libido is a person's overall sexual drive or desire for sexual activity. Libido is influenced by biological, psychological, and social factors. Biologically, the sex hormones and associated neurotransmitters that act upon the nucleus 'accumbens' (primarily testosterone and dopamine, respectively) regulate libido in humans. Social factors, such as work and family, and internal psychological factors, such as personality and stress, can also affect libido. Libido can also be affected by medical conditions, medications, lifestyle and relationship issues, and age.

Often the problem with having a low sex drive is simply that the couple is bored. There is no novelty, which is the kiss of death to human sexuality. Other problems include lack of communication, trust, and intimacy, pent up resentment, and

body insecurity. Most of these problems can be dealt with through honest face-to-face conversation

But what controls the sex drive is actually a very complex intertwining of biological, psychological, and social-cultural influences. Libido levels can be affected by:

- Abuse of alcohol and drugs
- Anxiety, stress, and depression
- Disease
- Fatigue level
- History of sexual abuse
- Life circumstances
- Medication
- Menopause
- Quality and novelty of relationship
- Religious mandates

## **Sex and Sensory Stimuli**

Although people tend to focus on physical stimulation, the fact is there are other senses which are determining factors for increasing sexual arousal.

Sensory stimulation allows using the senses to enjoy a wide variety of sensations during sex. It's used as a tool to break sexual routines, get to know a partner better and enjoy more pleasurable sex.

These are the sensations perceived through taste, smell, and sight – all can enhance sexual arousal. It may vary according to each person's preferences. Although these sensations are unnoticeable to some - probably due to a lot of people's sex routines - they can help lead to orgasm.

## Sex and Erogenous Zones

There are many areas through which a person can be sexually stimulated, other than the genitals. The nipples, thighs, lips, and neck can all provide sexual stimulation when touched. Wikipedia reports on studies administered about erogenous zones:

- **Nipples** - a questionnaire about sexual activity to 300 participants found that 81.5% of women reported that stimulating their nipples caused or enhanced sexual arousal and that 59.1% of them asked to have their nipples stimulated during sex. Furthermore, 51.7% of men reported that nipple stimulation caused sexual arousal, and 39% said that it enhanced their existing arousal. Research using brain-scanning technology found that stimulating nipples in women resulted in the activation of the genital area of the sensory cortex. The research suggests the sensations are genital orgasms caused by nipple stimulation and may also be directly linked to "the genital area of the brain". In women, one study indicated that sensation from the nipples travels to the same part of the brain as sensations from the vagina, clitoris, and cervix. Nipple stimulation may trigger uterine contractions, which then produce a sensation in the genital area of the brain.
- **Thighs** - In 2012, the California Institute of Technology measured brain responses in heterosexual males as they were having their inner thighs touched whilst being MRI scanned. They were either watching a video of a woman touching their thigh or a man touching their thigh. They reported more sexual pleasure when they thought it was the woman touching them than the man, and this was reflected in their MRI scans with greater arousal of their somatosensory cortex. It can be therefore concluded that

the thighs are an area that can cause sexual stimulation when touched.

- **Lips** - Lips contain a huge number of nerve endings and are considered to be an erogenous zone. Men report experiencing more pleasure from the stimulation of their lips than women do. In addition to stimulation of the lips by touching, men can be visually stimulated by looking at a woman's lips. It has also been reported that men prefer women with fuller lips because they are an indicator of youth.
- **Neck** - The neck, clavicle area and the back of the neck are very sensitive, and can be stimulated by licking, kissing or light caressing. Some people also like being bitten gently in these areas. In a research sample of 800 participants females reported neck stimulation as being more arousing than men did.

## **Sex and Paedophilia**

Paedophilia is believed to have occurred in humans throughout history, but was not formally named, defined or studied until the late 19th century. Paedophilia relates to a specific disorder where there is a preference for sexual activity with a prepubescent child or children. The exact causes of paedophilia have not been conclusively established. Some studies of paedophilia in child sex offenders have correlated it with various neurological abnormalities and psychological pathologies.

Although what causes paedophilia is not yet known, researchers began reporting a series of findings linking paedophilia with brain structure and function, beginning in 2002. Testing individuals from a variety of referral sources inside and outside the criminal



justice system as well as controls, these studies found associations between paedophilia and lower IQs.

Social attitudes towards child sexual abuse are rightly and extremely negative, with some surveys ranking it as morally worse than murder.

Not all paedophiles are child molesters, and vice versa. Not every paedophile acts on his impulses, and many people who sexually abuse children are not exclusively or primarily sexually attracted to them. Confirmed paedophiles are estimated by some experts to account for only 20% of sexual abusers. Nor are paedophiles necessarily violent: no firm links have so far been established between paedophilia and aggressive or psychotic symptoms. Psychologist Glenn Wilson, co-author of *The Child-Lovers: a Study of Paedophiles in Society*, argues that "The majority of paedophiles, however socially inappropriate, seem to be gentle and rational."

This is a major area of concern. Paedophiles are often nice and gentle to their victims. They are manipulative, and often trusted within family circles, until their mental illness becomes apparent.

'Stop it Now!' is a UK run Child Protection Charity to help Paedophiles admit to and face their problems and seek help. An alternative might be to have them all 'Shot Now'.



## **Part Two.**

### **'The Heart'**



Matters of the 'Heart' dominate when it comes to homo sapiens, that is what makes us human – our capacity to charm, give love, show empathy and compassion, be altruistic and giving, experience spirituality, show emotions, get creative and romantic – all driven by the desire to please. Then you picture a drunken thug coming out of a bar with a lady of the night and compare that with a herd of elephants caring for their community as well as their family, or a bonobo matriarchal society, where females hold the positions of power, living in harmony and showing more compassion, empathy, kindness, patience, and sensitivity than the whole human race put together.

But the best of us who live by our 'Heart' rather than Physical or Intellectual attachments are all about our 'Feelings', focused on bonding, being empathetic, compassionate, whether devoting our attention on ourselves or others. Heart types also have a relationship with sadness, or grief at loss, as they are more likely to define themselves based on the status of their relationships. When things go wrong, they 'become victims' and blame the world for their problems.

Emotional people can rely too much on their feelings, romantic interactions and image. They have to be mindful of becoming over sensitive, intense or manipulative. Sex is serious business, not just about emotion and matters of the heart. The path to a balanced sex life involves putting energy into addressing people's bodily and intellectual needs – a balance of thought, feeling, and action.

## **Sex and Romance**

Romance has got to be one of the most fun and least executed activities in many relationships. With all the distractions we have in our busy lives, it seems many couples never find the time to be romantic — and that can lead to love's demise.

Romance is about getting closer. There is also a big difference between sex and romance. In most relationships, if you want the former to be great, you have to fully engage in the latter (and necessarily beforehand if it's a new relationship).

Although the emotions and sensations of romantic love are widely associated with sexual attraction, romantic feelings can exist without expectation of physical consummation and be subsequently expressed. Historically, the term romance originates with the medieval ideal of chivalry as set out in the literature of Chivalric romance.

But Anthropologists such as Claude Lévi-Strauss show that there were complex forms of courtship in ancient as well as contemporary primitive societies. There may not be evidence, however, that members of such societies formed loving relationships distinct from their established customs in a way that would parallel modern romance.

Don't ever disbelieve that a truly Romantic encounter won't end in better sex, even in casual sexual relationships.

Strangely, and somewhat sadly, it is the case that people often put more effort into the Romance of an Affair, than they do maintaining the Intimacy in their Marriages. Affairs often never lose the elements of Romance, Passion nor friendship, maybe because distance, or the infrequency of meet-ups, makes the heart grow stronger.

Remember, if you want your 'Meaningful Relationship' to last-maintain the Romance and Intimacy, it's senseless to seek Adultery and Sex-seeking gratification, if it ruins the former.

Nevertheless, romantic love for the majority of people in the world is a relatively new development in human history. The concept of romantic love took a big leap with the romantic poets of the late medieval and renaissance periods. But the best object of one's romantic love was someone unattainable, someone to be idealized from a distance. You generally did not seek to have sex with them!

Totalitarian states have often prohibited romantic love between individuals while telling people to direct their love toward the motherland or the supreme leader as the embodiment of the nation. For most of its history the Christian church discouraged romantic love between people, saying that it must be directed only toward God. Yet at another level, the Christian tradition offers a compelling image of the burning heart of Jesus with the message of deep compassion and love for every person.

It's said that romance provides the fuel for the fire of the heart centre type personalities. Yet the biochemical rush of romantic love wears off over time.

## **Sex and Jealousy**

Since the dawn of time, jealousy has been as prevalent an emotion as love. Shakespeare called it 'The Green-Eyed Monster'. Some say that if there is no jealousy when a partner cheats, then the relationship is either emotionless and/or there is no love between the partners.

Jealousy is a complex emotion that encompasses feelings ranging from suspicion to rage to fear to humiliation. It strikes people of all ages, genders, and sexual orientations, and is most typically aroused when a person perceives a threat to a valued relationship from a third party. The threat may be real or imagined. Sexual jealousy is by far the strongest of emotions.

The quote: 'Hell hath no fury like a woman scorned' is usually attributed to the English playwright and poet William Congrev.

But Hilary Clinton could have been the person to embody the quote if she had acted to assassinate a fifth US President over the Monica Lewinsky affair; but on the face of it, controlled herself relatively well, stating that she was 'just devastated'.

*"Whoever had known sexual jealousy, that most destructive of emotions-and this would be so for men no less than women-had known madness and had now to know sympathy for someone who had been carried by jealousy this one terrible step too far, to murder." - Diana Trilling*

Jesus probably wasn't speaking from experience when he preached his disapproval of corruption or sexual immorality. Undoubtedly sexual sins destroy marriages, families and lives. They start with deception and end in jealousy, depression, and disease. And sometimes the 'Abused' become the 'Abuser' whether it's domestic violence, paedophilia, alcoholism, sexual promiscuity, or other psychiatric disorders.

## **Sex and Sensitivity**

The power of touch and the critical importance of bonding are the underlying basis of enduring, loving, sexual relationships. Sometimes just a hug can represent all the 'Intimacy, Touch, and Bonding' required to spark a relationship.

Intimacy simply means close association, contact, or friendship characterized by expressing one's deepest nature. Intimacy is something that develops over time, it can be initiated with a caring Touch, and a relationship finally Bonded with the commitment of a long-term sexual relationship.

'Seal it with a hug, not a kiss'.

## Sex and The Nature of Giving

It's never too late to help others. Whether it's in the pursuit of a vocation, a life mission, or even a sexual relationship, it's in the giving that the human spirit finds happiness, not the receiving. There are two Enneagram Personality Types which set the example: Type Two 'The accomplished lover, who sees sex as another opportunity to nurture someone, and to bond on a physical, emotional and sometimes even spiritual level'; and Type Nine 'The selfless caring lover, reassuring and easy going, who risks falling into a rut of complacency and mediocrity unless they can become more assertive in expressing their inner desires'.

- **Enneagram Type Twos** – can be deeply romantic without any ulterior motives. They are empathetic, supportive, protective, and inspirational. Thanks to their people-pleasing nature, they are willing to spend quality time and make sacrifices for sex in their relationships. As a heart type, Type Twos are incredibly sensitive to others' feelings. They see sex as another opportunity to nurture someone, and to bond on a physical, emotional and even at a spiritual level.
- **Enneagram Type Nine** - is the sensual sweetheart. What makes Type Nines such ideal sexual partners is that they are incredibly reassuring and easy-going. They go out of their way to strive to merge with another person that they admire through a romantic relationship. Balanced Nines connect with their own sexual desires and can express them. They nurture themselves and see their needs as being equal to a partner's.

I'll be excused as a Type Two, married and separated from a Type Nine for twelve years, for eating my words.

## Sex and True Love

The ultimate question. Do you love me? Will you respect me in the morning? Am I the true Love of your Life? One thing is sure is that Sex can lead to True Love not just Sexual Love, and with True Love comes Sex or at least the Desire for Sex. What separates or defines the two:

- **Sex** - Vaginal sexual intercourse, also called coitus, is the human form of copulation. While its natural purpose and result is reproduction, it is often performed entirely for pleasure and/or as an expression of love and emotional intimacy. Sexual intercourse typically plays the most powerful bonding role in relationships.

Sex can be very pleasurable but can become mundane when obsessive, or if nymphomaniac or narcissistic behaviours are the driving force. Apart from prostitution or enforcement of power domination through sex, indiscriminate sex for the sake of sex itself can be draining spiritually and lead astray the true purpose of living.

Sex is a powerful tool that can bring up our deepest needs for love and connection, our deepest fears and traumas, and our most vulnerable, raw selves. The commonest held conception is that sex 'becomes truly meaningful when love is bonded to that sacred act'.

But beware of giving sex too much responsibility in deciding when the sacred act becomes love. This applies particularly to ladies. Vaginas and penises don't share common values and they can't 'communicate', make decisions, or act with love, care, trust, or respect. Everyone knows what a penis seeks and its attention span. But a vagina, while more discerning, should not be given responsibility it cannot



handle either – it's like absolving oneself of a personal duty of care. Sex is sex, and Love is Love.

- **True Love** - True love is probably impossible to define – but if you love, you know it. The dictionary defines it as 'a strong and lasting affection between spouses or lovers who are in a happy, passionate and fulfilling relationship'. The purest form of love is probably simply 'selflessness'.

People 'in love' have an unwavering, unbreakable, and unparalleled fondness and devotion for their partner. But True love is a 'Mystery, a Myth, a Wish of each one of us but Fate of very few'. Love is described, explained, and confused in millions of song lyrics, poems, films and plays.

*"Where there is no exaggeration there is no love, and where there is no love there is no understanding."*

*– Oscar Wilde*

The Practical 'True-Love-Seeker' will find someone who always 'Listens to Them' and always 'Makes an Effort'. Other tips include finding somebody with whom:

- You feel safe
- Your differences are acknowledged and accepted
- You can communicate easily
- There is encouragement for you to do your own thing
- There is mutual trust.
- You can collaborate or compromise

Sex will always be an indicator (the 'litmus test') for a future successful relationship. But it's a lot harder to turn sex on its own into a great relationship than it is to turn two people with common core values, love, care, trust, and respect into two people having great sex.

And people may have multiple relationships in their lives, but at the end of the day most agree that there has only ever been - 'One True Love' or 'Love of Your Life' - in their lives.

## **Sex and Escapism**

Anyone who has been in a long-term relationship knows, comfort sex is relatively common, even if they've never thought of it in those terms. There are times when people have sex to soothe themselves or each other emotionally through sex.

People in healthy relationships have sex because they enjoy it. If it's used however to mask negative feelings or emotions, this is a sign that sex is being used as a coping mechanism. Such people may for example be using sex to deal with stress, mental health issues or unresolved trauma. They have sex to escape from the reality these issues represent.

Using sex as an unhealthy coping mechanism can appear in many guises, but mostly as a way to cope with life, stress, body issues or relationship issues. It can also be a quick fix for emotional, physical, and intimate comfort. Sex can also be an unhealthy coping mechanism if it is used in a way to intentionally distract oneself.

Alcohol or drugs are often used as a 'Form of Escapism' from the drudgery of work, daily life, or an unfulfilling relationship. Alcohol and drugs and sex can all provide the temporary lift, high, or ecstatic emotion that facing life doesn't present. In extreme cases these acts of escapism can become obsessive and addictive in themselves and go on to become a bigger problem in themselves than those problems the acts of escapism were indulged in to avoid.

These habits, quick fixes, forms of escapism and coping mechanisms are 'Personal Props' for dealing with longer-term underlying problems. In worst cases, third parties normally suffer more as a consequence – be they family members or abused partners.



## Part Three.

### 'The Head'



Whether Einstein or Freud their analysis of the mind and thinking about sex – they were both obsessed by them – both the mind and sex that is, relatively speaking. People focused on the 'Head' rather than Physical or Emotional attachments are all about seeking an 'Intellectual' connection and seeing others for who they really are. Sex is something to be studied, researched or observed – a headspace rather than the emotional heart and body-orientated space others seems to desire. But Head types can be insecure and have a special relationship with fear, whether overdoing or underdoing their reaction.

They rely on thinking things through, clarifying things for themselves and through ideas. They have to be mindful of over-analysis rendering them fearful of taking action, or the opposite of analysis paralysis leading them to being reactional.

Sex should not be about thinking too much. A balanced sex life involves *doing* as much as thinking, and emotional needs and matters of the heart have to be understood rather than over-analysed – a balance of thought, feeling, and action.

The following messages relate to the 'Intellectual' issues to which some thinkers might seek answers.

## **Sex and Consciousness**

Some people treat the need or act of sex like a life commodity, as though it is the same as eating, drinking, breathing and exercising. It is not. Because by its act you can create life, seal love, feel fulfilled, betray your best friend, or just wake up perplexed and say, 'what was that all about'. In reality, we are blessed with consciousness, and mindful of our acts and their consequences. Play not with fire. Sex is wonderful and important, but God only knows, mind these words.

If you are having sex just for need, fun or money- that's your choice. If you are having sex for pleasure, joy and love- that's also is your blessing. But both statements are about you.

Sex and lust are the most intoxicating and pleasurable egotistical pass-times known to man, and woman, designed purely for our enjoyment, right? Or simply primeval acts of Procreation and Natural Selection – often not enduring, short lived and nothing to do with Love? No, they are far too much fun to last; and they can impact very positively and/or negatively on our lives- and they invariably do. For every action there is a result or consequence. Something that brings suffering makes no sense. To consciously be a slave to something is foolish and senseless. But be sure- sex features and impacts on every aspect of our lives – and so it should. Deny it at your peril and to your ultimate loss if you do.

## **Sex and Levels of Happiness**

No doubt about it – sex is linked to happiness and vice-versa. People who have sex more frequently report a greater sense of general happiness, according to numerous studies. One even found that having sex once a week, as opposed to monthly, boosts spirits more than earning an extra \$50,000 per year.

One study of 16,000 American adults found that frequent sexual activity is tied to greater happiness, regardless of gender or age. In 3,800 adults, high-quality sex (featuring frequent orgasms along with emotional and physical satisfaction) was linked to greater happiness. But happiness comes in two levels. One is about feeling 'good' the other about feeling 'well'.

'Level Two Happiness'- represents judgements about feelings, sometimes referred to as well-being. The second level of happiness is more thoughtful and requires an assessment that goes beyond the momentary feelings of level one. Questions about happiness and well-being normally work at this level - if you are asked about how happy you are with your life in general your answer will reflect a Level Two assessment of your happiness (probably you are not enjoying a hobby or having sex when asked this question, so Level One is out). Level Two happiness is also relative in the sense that you compare your situation with other people as well as how you have felt in the past. Happiness from continuous comparison with other people, particularly with respect to sex, is unstable because no one (or very few people) can win in all domains of life all the time. In case of failure, focusing too much on Level One can lead to frustrations and a sense of worthlessness. Excessive focus on comparison and self-promotion also risks alienating the people around you and can lead to self-absorption, jealousy, cynicism, and the oppression of others. The bottom line is that a good healthy sex life can help bridge the Level One and Two of good feelings, contentment, and well-being.

## **Sex and Compulsive Behaviour**

Compulsive sexual behaviour may involve a variety of commonly enjoyable sexual experiences. Examples include masturbation, cybersex, multiple sexual partners, use of pornography or paying for sex. When these sexual behaviours become a major

focus in your life, are difficult to control, and are disruptive or harmful to you or others, they may be considered compulsive sexual behaviour.

Sexual obsessions are persistent and unrelenting thoughts about sexual activity and can damage self-esteem, relationships, career, health, and other people. A preoccupation with sexual matters, however, does not only occur as a symptom of obsessive-compulsive disorder (OCD), but they may also be enjoyable in other contexts (i.e. sexual fantasy).

Because sex carries significant emotional, moral, and (for some) religious importance, it often becomes a magnet for obsessions in people predisposed to OCD. Common themes include unfaithfulness, deviant behaviours, paedophilia, the unfaithfulness or suitability of one's partner, and thoughts combining religion and sex. People with sexual obsessions may have legitimate concerns about their attractiveness, potency, or partner, which can serve as an unconscious catalyst for the obsessions.

People with sexual obsessions are particularly likely to have co-occurring aggressive and religious obsessions, clinical depression, and higher rates of impulse control disorders.

## **Sex and Orgasm Denial**

Orgasm denial is when one partner pushes the other partner toward the very edge of orgasm, only to pull them back before they go over the edge. The sex act typically comes into play in dominant/submissive relationships, but it can easily be used to increase pleasure in any sexy situation.

In orgasm denial fantasies, one is a dominant who is controlling the submissive's orgasm. The submissive gives the dominant a permission to take charge over his or her orgasm. The point of



this play is to maintain high level of arousal, without reaching release. This can be done with toys, hands, dirty talk, oral or penetrative sex. The act of building up to orgasm can make that final release all the more powerful.

The fantasy of being controlled, being submissive, usually drives the intensity of the orgasm, coupled with anticipation and release that typically increases the strength of how the partner experiences the orgasm.

## **Sex and Religion**

While the sacred texts of the major world religions - Islam, Hinduism, Christianity, Buddhism, and Judaism - proscribe some of the same behaviours, religious institutions themselves are not equally effective in shaping individuals' actions.

In the Christian philosophical tradition, there has been a long-standing claim that procreation is the natural function of sex. This makes sex as recreation morally problematic, particularly when it comes unstuck from the context of its procreative function—hence the idea that homosexuality, masturbation, and other non-procreative forms of sex are morally problematic.

Religious institutions provide informal scripts for when sexual activity is and is not appropriate. Between married couples for instance, sexual activity is accepted, and perhaps promoted, for the purpose of increasing and maintaining marital intimacy and quality, as well as for the generation of children. Unmarried individuals, however, are subtly or overtly discouraged from engaging in sexual activity, or at least feel pressure to hide information about their sexual activity.

Researchers have found that individuals who believe religion is important and are religiously active are more likely to delay first

sex (sometimes until marriage). Muslims and Hindus tend to have more conservative sex-related attitudes than do Christians. Likewise, in the few studies that survey people of different religions within the same nation, Muslims appear less likely than Christians to have premarital sex or extra-marital sex after marriage. Researchers have also found that Jews tend to have more liberal sex-related attitudes than do Christians.

Generally, religious institutions discourage behaviour harmful to marriage, by instilling 'the fear of God'. Both Christians and Muslims believe they'll be punished for their sins, and this motivates them to lead honest lives. Equally, religious individuals are less likely to think about sex, masturbate, have oral or anal sex, or have multiple partners.

Buddhism is more pragmatic about sex. Their scriptures have very little to say on the subject. Usually, this precept is interpreted as implying an abstention from rape, adultery, and abduction, but there is clearly more to it than that. One thing that marks Buddhist culture is that it has never sought to control sexuality by means of guilt as Christianity does. Nor does Buddhism discriminate between people based on their sexual preferences. You can be heterosexual, homosexual, transvestite or celibate.

They accept monogamy, polygamy, and polyandry. The important thing, according to Buddhist belief, is that one must never harm other people by one's sexual behaviour nor put a disproportionate emphasis on the value of sex itself. If you have to be unfaithful, be discrete. What the eye doesn't see the heart doesn't grieve about. There's enough suffering in life, don't make it worse for your partner. God, assuming he exists or cares, might look the other way.

## **Sex and Depression**

All too often in real life 'lust and sex and love' can get intertwined, confused, misleading and misunderstood. Sex can also be at the root of the cause and effect of depression. Depression can be a cause of losing interest in sex, particularly with a long-term familiar partner, and can encourage the temptation to have a fling. The effect of avoiding all forms of intimacy on a protracted basis will always exacerbate the symptoms of depression. Finding a lover can prove one element, albeit not the only one, in finding a solution to depression in the short term. Having a long-term lover is the better long-term option, whether it's a reconciliation with a marital partner or a new relationship.

Psychological analysis concludes that to be happy, active, and feel joy, you have to be in love with life. Having a sensual lover is one very important and gratifying ingredient of being in love with life and the opportunity to enjoy any consensual relationship based on attraction and mutual respect should not be shunned. And the lover of your life may not always be the love of your life.

Clinical depression is more severe and manifests itself in many ways, but many sufferers will experience a general feeling of low spirits, restlessness and irritability. They often see no point in the future, feel numb and disconnected from other people and gain no pleasure from things they usually enjoy, feeling drained and intimidated by even small tasks. Renewed interest in sex can invariably be an adrenalin shot to combat this especially with a new partner. After all who feels lethargic after 'The Chase' followed by the 'Sharing of Passion' with a new exciting and vibrant partner.

Whatever situation you find yourself in- '*Find a Lover*', if you don't have one. And don't put up with a sexless relationship. Marital problems can stem from many causes. But the fact is obvious that unsatisfactory sexual relationships is one, and probably the biggest. Wives, or husbands, who find all sorts of excuses to ration marital love (sex) generally end up unloved, unadmired, unwelcome, and unmarried.

## **Sex and Choosing a Partner**

The way ahead in choosing partners is far more complex than scoring with a lover. As the saying goes- if you marry your lover, you create a new vacancy. Remember you can have sex without love, but you can't have love without sex with a partner over a protracted period of time. If you don't have a good sex life you will suffer from depression and unhappiness and end up unmarried.

"Above all- find the right Girl (or Boy) to share your life. Homo Sapiens need partners to love and function well."

Darwin's theory of sexual natural selection proposes that men must compete against each other in order to successfully reproduce with women to pass on their genes. Animal instincts prevail on the surface. Men continue to seek young and attractive women, whilst women prefer men who can protect and provide.

But we are not all stereotypical, and we are not all looking for long term relationships when it comes to the desire for sex. Not all women desire sex only in the context of an intimate, romantic, and committed long-term relationship; some prefer uncommitted casual sex. But eventually most seek a long-term partner.

Human beings don't just make decisions in isolation, they make them in a holistic environment taking into account a range of factors depending on their intent at the time.

In long-term relationships women and men seek a life partner who will be 'Trustworthy, Faithful, and Reliable', requiring 'Attachment, Sexual Compatibility, and Security'.

That is why Lack of Commitment and Unfaithfulness top the rankings as reasons for divorce.

## **Sex and Health**

Having a healthy sex life is good for you both emotionally and physically. Sexual pleasure has lots of health benefits irrespective of the long-term commitment involved. During orgasm a body releases endorphins, which are hormones that both block pain and generate a good feeling. Other health benefits associated with sexual pleasure include- 1) Better fitness and general health; 2) Better sleep and lower stress; and 3) Higher self-esteem, happiness, well-being and potentially longer life span.

- **Better Fitness and General Health** - are the findings of several research projects including a link between sex and lower Blood Pressure, improved Women's Bladder Control, possibly making Prostate Cancer less likely, helping keep Oestrogen and Testosterone levels in balance, and lower Heart Attack Risk. Sex is a really great form of exercise for general fitness and like with exercise, consistency helps maximize the benefits. Having sex more often or as often as possible helps. During one study, men who had sex at least twice a week were half as likely to die of heart disease as men who rarely had sex. And one doesn't need a partner to reap these benefits. Sexual intercourse, nocturnal

emission, and masturbation are all part of the equation. For women, having sex ups vaginal lubrication, blood flow, and elasticity, all of which make sex feel better and help generate more craving for it.

- **Better Sleep and Lower Stress** is another health benefit of having sex. Whether it's insomnia or pain which affects the quality of sleeping - before reaching for an aspirin, try for an orgasm. Orgasm can block pain, because it releases a hormone that helps raise pain threshold. Stimulation without orgasm can also benefit. Vaginal stimulation can block chronic back and leg pain, and many women find that genital self-stimulation can reduce menstrual cramps, arthritic pain, and even headache. Sex improves sleep for everyone, finding it easier to sleep more quickly after sex, and for good reason. After orgasm, the hormone prolactin is released, which is responsible for the feelings of relaxation, sleepiness and a feeling of lower stress and tension. Being close to your partner can also soothe stress and anxiety. Touching and hugging can release the body's natural 'feel-good hormone', a brain chemical that revs up the brain's pleasure and reward system.
- **Higher Self-Esteem and Happiness** - and a sense of well-being can potentially lead to a longer life span, and sex has an impact on all. Sex and intimacy can boost self-esteem and happiness, it's not only a prescription for a healthy life, but a happy one. Sex helps keep the immune system humming. People who have sex have higher levels of what defends the body against germs, viruses, and other intruders. Indulging in sex generally makes an individual feel better about him/herself. People with a high self-esteem are more likely to look after themselves - eating well, staying active, getting enough sleep, and having more

sex. Having a high self-esteem and feeling well and happy make sex better and improves libido.

## **Sex and Philosophy**

Philosophy of sex is an aspect of applied philosophy involved with the study of sex and love. Apart from preaching 'Romance and Harmony' which is the philosophy of any romantic philosopher, it also includes ethics of phenomena such as prostitution, rape, sexual harassment, sexual identity, the age of consent, and homosexuality.

Sex raises fundamental philosophical questions about topics such as personal identity and well-being, the relationship between emotion and reason, the nature of autonomy and consent, and the dual nature of persons as individuals but also social beings. An overview of the philosophy of sex requires a philosophical debate about - sexual objectification, rape and consent, sex work, sexual identities and the 'queer theory', the medicalization of sexuality, and polyamory. Throughout much of the history of Western philosophy, questions of sex and sexuality have been considered only within the general subject of ethics. But there are shifting cultural attitudes in the west particularly with regard to the changing nature of pornography and sexual justice in legal theory.

Modern political philosophy, logic, biology, ethics, and aesthetic theory have all been shaped by a select group of key thinkers that includes Plato, Socrates, Aristotle, Confucius, and many others. The modern philosophy of sex remains as complex and sprawling as human sexuality itself. And although philosophy is not reducible to ethical questions, nevertheless, in talking about sex it is often questions of ethics that remain at the forefront.

There is a 'Society for the Philosophy of Sex and Love'. It encourages and facilitates the philosophical study of sexuality, gender, love, friendship, marriage, and related topics. The society addresses a wide range of topics and questions related to sex and love, including conceptual problems, political and ethical matters, the history of the philosophy of sex and love, and feminist theory.

## **Sex and Psychology**

Neo-Freudian theorists such as Erik Erikson, Carl Jung, Alfred Adler, and Karen Horney believed in Freud's theory of the importance of the unconscious but considered his theories on the importance of sexual instincts in the development and formation of personality - conjecture.

The second is the 'Humanistic Perspective' of personality which focuses on psychological growth, free will, and personal awareness. It takes a more positive outlook on human nature and is centered on how each person can achieve their individual potential. One advocate for the humanistic perspective, Carl Rogers, an American psychologist, believed in the inherent goodness of people and emphasized the importance of free will and psychological growth. He suggested that the actualizing tendency is the driving force behind human behaviour.

Others have suggested that people are motivated by a hierarchy of needs and the higher up the hierarchy the more sophisticated the needs become citing such things as esteem and self-actualization.

Maslow's hierarchy of needs is a theory of motivation which states that five categories of human needs dictate an individual's behaviour. Those needs are physiological needs, safety needs, love and belonging needs, esteem needs, and self-actualization



needs. So, where does sex come? If you have experienced sex at a spiritual level, it's not just about love, but can be an experience of transcendence – experience of an intangible existence beyond the normal or physical level. If you haven't had a 'transcendental moment' of late, you might consider it a 'psychological need', to combat frustration, or somewhere in-between – a need for love and belonging.

## **Sex and Social Status**

One of the most powerful pressures from college to the rest of most peoples' lives, is the desire to maintain and improve social status and to feel powerful. It's not something that most like to admit and talk about, but it's probably true. So, what does this have to do with sex?

In our culture, many of the thoughts and feelings that are encouraged about our sex lives - desires and satisfactions, jealousies, insecurities, and frustrations – aren't actually about sex, but about status and power, typified by advertising and pop music culture especially. Celebrity culture and the importance of status and fame are seeped into our culture that it affects the way we all think in everyday life. It pollutes the relationship we have with sex, especially when we're young. Witness our obsession with sexually charged 'Reality TV Programmes'.

If friendship and flirtation and intimacy are about status and power, there is a zero percent chance of keeping those things out of one's sex life. And it is most pertinent when it comes to social differences in our communities.

Dr. Hannah Charnock is a lecturer in British History at the University of Bristol who researches the historical context behind sexual behaviours. She explains that people from different social classes are often motivated to have sex for contrasting reasons,

especially in formative years. She found that in a lot of working-class communities, a formed sexuality at a young age can be seen as a marker of status, even if that sex happens outside of a relationship. Working class women can essentially use sex to climb socially. In a lot of middle-class communities, however, young people who have what's viewed as 'promiscuous sex' can lose status. Sex is something scandalous, rather than powerful, in those circles. "A conception which has roots in aristocracy and sex scandals".

## **Sex and STI Screening**

When someone is worried about potentially having a sexually transmitted infection or disease, they should 'think' and seek answers fast. Prevention is better than cure, and early detection is second best. These are the guidelines for screening and testing:

- All females under 25: Yearly gonorrhoea and chlamydia testing.
- All people over 25 with risk factors such as multiple partners or confirmed STI in a partner: Yearly gonorrhoea and chlamydia testing.
- All pregnant women: Syphilis, HIV, hepatitis B, and hepatitis C tests early in pregnancy.
- All gay, bisexual, and men who have sex with men: syphilis, chlamydia, and gonorrhoea tests at least once a year; a HIV test at least once a year; and hepatitis C test at least once a year if living with HIV.
- People who have multiple sexual partners, engage in sex without a barrier method, or share drug needles: Yearly HIV testing.
- People who engage in anal or oral sex: Anal, throat tests.
- Anyone between the ages of 13–64: A HIV test at least once in their life.

## **Sex and Communication**

There is no proven 'secret' to long-term sexual satisfaction. Human sexuality is too diverse and fluid for such a hypothesis. However, open communication about sex with a partner is known to go some way to preventing sexual problems from developing. From research, penile-vaginal sex, affection, and the time spent in a relationship are key ingredients to a happy sex life. But open communication is the preventer of problems developing in a relationship, in their widest sense.

Open communication, not just about sex itself, but about all matters in a relationship help: Strengthen Respect; Avoid Misunderstandings; Take the Guesswork out of Miscommunication; Build Trust; and Improve Mood.

One of the greatest gifts in any relationship is being able to express genuine happiness to someone, and sex is an obvious way to do so. When partners are honest and open about their feelings it helps set the mood for sex. Sex, Communication and Humour provide a healthy way to process our emotions and a natural booster for any relationship.

## **Sex and Corruption**

The cause and effects of business corruption, sexual abuse and religious or any other type of unbalanced fanaticism, depict human shortcomings at their worst. The effects of such dysfunction in society are only too apparent in our parliaments, workplaces, places of worship, and homes. Whatever the cause or excuse for lapse in human moral standards, the risks of high costs, violence, social break down, suffering and misery apply. In societies where political and business corruption, religious fanaticism, and sexual promiscuity are most commonplace, the rule of law is usually most poorly enforced.

Corruption encapsulates all that is wrong in society, it is public enemy number one. Many of the risks associated with corruption and lack of moral fibre are eternal. In business and politics all too often power and greed breed bad behaviour, and they come with the desire to be successful and achieve power and wealth and status. And it is more prevalent in this century despite being in relative peace time than even the most pessimistic commentator may proclaim. Wherever corruption and societal problems are commonplace – sexual abuse prevails.

## **Sex and Career Priorities**

'Having Brains, Ability and Getting Laid' may be important priorities/requirements to achieving success in one's life plan, moving forward positively, but 'Love' is the most enduring but understudied topic that is equally important to success in people's lives. The distress caused by unsuccessful love relationships will do little for anyone's motivation, as any divorcee would concur. Ambitious young businesspeople may temporarily put it as of secondary importance to their early careers, but time catches up with them too.

They will argue that 'One of the perks of investing more time and effort in a career is that it would never tell you that it no more loves you'. A businessperson would consider that success and achievement rely foremost. The counter argument is that love and family always come before career. Historically it is true that young women who married young tended to go onto being emotionally and financially dependent on their partner – but family harmony normally doesn't suffer as a consequence.

A time comes when everyone has to take care of family and make sure they don't face financial crisis. When successful careers enable people to take care of their families, they gain a sense of pride and inner peace. But this is only possible if their

careers and sources of income are stable, and they don't spark off a string of office affairs which result in relationship and family instability.

The best advice is, 'If you are in love with someone and believe that he or she is the one for you, then you don't have to give up on your career for the sake of your relationship'. The person who truly loves you will never stop you from growing and being happy and successful in your career and other goals. But this assumes all is well at work. Work stress is the most common cause of relationship unhappiness, and career progression is not always synonymous with relationship progression.

## **Sex and the New Generation**

Some of us may well be having sex with more people than previous generations, but on the other hand we actually spend less time having sex. Similarly, some of our attitudes, such as acceptance of same-sex partnerships have become more liberal, while other attitudes, such as acceptance of having sex outside a stable relationship, have, in some societies, hardened. Millennials and Gen Z (the generation of people born in the late 1990s and early 2000s) are having less casual sex than previous generations, according to studies. These findings parallel existing evidence that younger people aren't having partnered sex either. Less alcohol consumption, more social media, and living with parents for longer may contribute

Over the centuries, humans have oscillated wildly between sexual liberation and sexual repression. The biological understanding of sexuality corresponds with the common assumption, that sexuality is a natural force that can be 'liberated' by being allowed free expression, or 'repressed' through social taboos or legal sanction. For example, the stereotypical perception of the Victorian period is that it was an

era of sexual repression, when sex could only legitimately take place within marriage. Conversely, the 1960s are considered a time of sexual liberation, when the advent of the oral contraceptive pill divorced sex from reproduction, and countercultural youth movements championed 'free love' or non-monogamous sex outside of marriage.

As the next generation gain more erotic intelligence as a society, they will find new ways to refine and evolve their preferences. The concept of 'sexual wellness' will be introduced at a younger age, empowering sexual exploration in the open, guided by better educational resources rather than clandestine pornography.

Sex in the future will become the subject of science fiction. Artificial insemination and IVF, cloning, surrogacy, robots, digital sex and high-tech sex toys are just the start of it all, when ancient urges meet future technology. The relationship between sex, technology, and wellbeing and our increasing comfort with sex will also lead to an increase in omnipotent sensuality: where sensual and sexual experiences blend between real world and digital experiences, and even beyond the embodied experience of being in one body, at one point in time. And maybe the orgasm will go more transcendental than ever. I doubt it.

## **Sex and being Cheated On**

By all means seek a Lover outside your committed relationship if that is your will, or your need. Abstain if you can but be discrete if you can't. Remember your partner may not have been faithful either, but hopefully it's just sex. So if your will is to 'Find a Lover'- beware the happiness it gives you almost momentarily may turn into a life of regret and depression, if found out.

Infidelity is normally all about the sexual infidel and his/her selfish behaviour. Research suggests that narcissists tend to have relationships that are less warm, less caring, and less satisfying, and that narcissists have a greater tendency toward infidelity.

The victim obviously becomes the one who has been cheated on, and damage limitation requires the infidelity being kept secret. This is because nobody benefits from confessions and affairs usually fizzle out, and life goes on. Post-Infidelity Stress Disorder (PTSD) from cheating is real. The hurt partner will experience serious hurt, a sense of betrayal, jealousy, shaken self-esteem, and anger. They're likely to fear losing the relationship, while also fearing that, if they stay, the betrayal will happen again. Not a good outcome.

Good advice: whatever you've done before, go home and make love with the lady or man of your life, or whomever you know to be your true love. Otherwise, you play with fire at your peril. Never gamble with more than you are prepared to lose. Only a fool does that. Collect lovers at your peril. A sexy lover for 'show' and loving lover for 'glow'. Elusions of that grand prize will slowly wear thin.

## **Sex and Parental Sexual Partner Selection**

Tens of thousands of years ago in the 'hunter-gatherer age', in order to improve their chances of reproduction, females often kept multiple sexual partners, and once children were born, they would remain promiscuous with neighbours in case partners didn't return from hunting. The selection was made by females and based on the survival instinct for the individual and provision for the children.

With the agricultural revolution came ideas of property and inheritance as well as basic survival and children. Before this,

males did not think much about paternity—and neither did females. The concept of sexual monogamy is a more recent social driven phenomenon. It wasn't until people began owning things to be passed down to their children that all of a sudden 'paternal claims' became a big deal. And the next phenomenon was that parents began to choose partners for their off springs after puberty to protect materialistic legacies and family inheritances. Even in affairs of the heart, parents know better.

In this respect, human mating has a unique pattern not found in any other species, namely parental influence over mate choice. Across preindustrial societies, the typical pattern of long-term mating is arranged marriage, where parents choose spouses for their children. By doing so, parents effectively become a sexual selection force. Traits that enhance an individual's chance to be selected as a son- or a daughter-in-law confer important reproductive advantages to those who are endowed with them, increasing in frequency in the population. This revision of sexual selection theory helps us understand a wide range of human behavioural phenomena. And, of course, money and social status began to take precedence over sexual incentive for relationships, or at least as far as parents were concerned.

## **Sex and Sexual Wisdom**

The sexual revolution promised to give people greater freedom and joy in their sex lives; but has resulted, some will argue, in record levels of sexually transmitted diseases, the legitimization and spread of pornography, greater hostility between the sexes, and critically high divorce and illegitimacy rates. But the sexual revolution happened to society, not you the individual. And we are all very different individuals.

As the Old Lady said, "If only I'd known then what I know now". Ignore what society or others dictate. Dictate your own wisdom.



Serve yourself as well as others. Never live your regrets, and sometimes it's never too late to right a few wrongs.

It's funny in life when you count the ones who got away rather than the conquests that shaped your life, or is that just a 'man thing'? And this applies to love and sex as much as it does careers. It just goes to underline how important sex is. Few people at the end of the day advocate having a strong long term platonic relationship, over a sexual one that might have been, by mutual consent. And if a wise lady does have an affair to spice up her life as a result, she is less likely to tell even her best friend, while the man will brag about it in the bar with his mates.

The message is that wise people don't ration sex in their lives because of societal pressure, or external circumstance. We think about sex, fantasize about sex, and we have sex when we decide that it's right for us. It's an integral part of well-being. With the exception of evolutionary psychology, there is a long list of thinkers who ignore the explicit role of sexuality in their understanding of well-being. All wise people seek well-being and understand the role of their sexuality in its deliverance.

## **Sex and Well-Being**

The difference between 'Well-Being and Happiness' has been discussed in terms of Levels of Happiness. Maybe the terminology is wrong – the term should be 'Intensity'. Five different dimensions of the concept of "well-being" which correlate closely with levels of happiness and intensity are defined by behavioural scientist Daniel Nettle:

- **Positive emotion** - Normally short-term, "simple" pleasures such as food, watching TV, or sex. Positive emotions are subjective in the sense that we like different things - though some pleasures are universal (or at least

very close to being so). Intense positive emotions are easy to observe and measure as increased activity in certain areas in the brain. Everyone has experienced the 'high' and positive emotion of engaging in sexual activity.

- **Engagement** - You probably know the feeling of being engaged in challenging activities where you forget everything that's going on around you. Such a state of total absorption is intensive by definition, but also known as the 'flow' state. When we are in this state our abilities are often stretched to the maximum creating the feeling that we are exploiting our full potential. Ever seen a professional golfer, almost in a trance, holing a forty-foot putt just when it was most needed to clinch a title. But a person who falls in love can also experience this feeling of total absorption, and sex plays an important part in the obsessive behaviour, because sex itself is always intimate and always intensive.
- **Relationships** - This dimension is about social connectedness and having love and intimacy in your life through friends, family, and romantic partners. Well-being of this type is characterized by the fact that your own well-being is dependent of the well-being of others and the experiences and feelings you share and enjoy together. It is well known how sex plays an important role in maintaining a loving relationship with a partner in the long term.
- **Meaning** - Playing a challenging computer game (engagement) with good friends (relationships) while eating chips and drinking coke (positive emotion) can be awesome. But most people need something more to be truly fulfilled. Some kind of higher purpose that goes beyond the self. Something with meaning on a higher level. Whatever a person's higher-level purpose in life, very few

would denigrate the importance of a marriage/partnership and family. Once again sex is the glue that helps mould the emotions that represent the role of relationships in finding our meaning/purpose in life.

- **Achievement** - This dimension is about accomplishment and success - competing and winning in some objective way where victory (or something equivalent) can be easily observed. Often (but not always) involves some kind of external recognition of what has been achieved. Children are often classified as the greatest achievement in people's lives. They are the product of procreation (sex) and nurturing and often the greatest thing that can be achieved in life. Ultimate achievement.

## **Sex and the Future Role of Women**

The future will be a world where Humans will have transformed into highly intelligent 'Bonobos Type' creatures and characters- altruistic, compassionate, kind, cooperative, loving, sensitive and very sexual. Bonobos show more sexual behaviour in a greater variety of relationships. Women of the future, like female bonobos, will prefer to associate with and mate with males who are respectful and easy-going around them. Because female bonobos can use alliances to rebuff coercive and domineering males and select males at their own leisure, they show preference for males who are not aggressive towards them. This is how women in the future will dominate men. However, due to the promiscuous mating behaviour of female bonobos, a male cannot be sure which offspring are his. Maybe humans will use DNA Tests to overcome this challenge to ensure the entirety of parental care is not assumed by the mothers as is the case with bonobos. Sexual activity generally plays a major role in bonobo society, being used as what some scientists perceive as a greeting, a means of forming social bonds, a means of conflict

resolution, and post conflict reconciliation. Female humans will use sex as a tool for controlling men even more than they have in the past.

Social Ranking and Hierarchies in work and social gatherings won't be prominent in the future, but at the very top (eg. Political and Group Leaders) Women will rule, always having the final say. Men will worship their mothers throughout their lives, their partners and children. The Mother-Child bond will always be strong, but women will become ever more liberated and sexually more promiscuous than men. Go for it girls.

## **Sex and Self-discipline**

A wholesome self-discipline takes many forms, from sleeping regular hours to working regularly to exercising regularly, and has a cumulative, strengthening effect. Since it comes from yourself, a healthy self-discipline is not contrary to your freedom or individuality. On the other hand, sensuality, excessive sexual experiences, alcohol, drugs, sleep, or fantasizing have a debilitating effect. Therefore, practice healthy self-discipline and stay with it.

## **Sex and Investment**

The Cambridge Dictionary defines 'investment' as 'the act of putting money or effort into something to make a profit or achieve a result'. How can that apply to sex? Nobody has sex to make a profit per se, but they may see a result as a success depending on the outcome – whether it's an orgasm or the start of a wonderful, committed relationship.

We think of investments in terms of ROI (Return on Investment) or IRR (Internal Rate of Return). These may be appropriate for financial investments, but not love and sex (although the latter

conjures up some images). If someone offers you credit, they are making an investment in you, as soon as you make an initial withdrawal. Withdrawal in sex can mean the end of it all, not the start of an emotional investment. But sex is like credit – some people get it, others don't and those who do get it offered most readily, usually don't want or need it.

Prostitutes sell sex for money; gold-diggers marry rich partners for a lifestyle or expected eventual divorce settlement (note that prenuptial agreements are unenforceable under English Law). What we don't often consider is that selection of a life-long partner whether based on an emotional (heart), intellectual (head) or physical (body) attraction, or combination of all three -the investment will be paid back in levels of happiness and family contentment, in successful cases, mind body and soul.

Sex shouldn't be used as a currency – it is not an equal exchange of goods. Sex shouldn't be used to barter, reward, control, or to manipulate people either. If people place a large emphasis on sex but in reality, are looking to have their emotional needs met and be in mutually fulfilling relationships, they will find that they will be at conflict with themselves and undermine their own efforts if they try to *reward* with sex.

Generally speaking the more one puts into something, the more will be received in return. Truly giving, altruistic people never expect anything back in return. They invariably are the ones who get just return, not the shallow expectant type. It's the same in loving and sexual relationships. Give and you will receive – whether it's understanding, kindness, sexual pleasure, or attention. It is said that the difference between happy and unhappy couples is how they manage their 'Emotional Bank Account'.

## **Sex and Natural Curiosity for Experimentation**

It's often a case of 'Mind Games'. I wonder whether he or she would have sex with me, and how wild and different might he or she be than it seems in this social gathering where everybody is talking politely and secretly thinking about sex. But how can one move from a benign setting of social graces to the animal intimacy of a frenzied sexual romp? Maybe I'll get rejected, how humiliating? Anxiety sets in.

The confident, dominant ones act and enjoy or regret; while the reserved, insecure ones hold back and will never know. But they both equally shared the same curiosity and passion for experimentation. Everybody does, it's called fantasizing. But some people act on their fantasies. Are they the brave ones? It's so easy to mistake someone's genuine interest for perverted anti-social behaviour, or worse labelling him or her a sex pest or predator. That is why people use alcohol to lower inhibitions before they make their move. Almost everyone, or maybe a minority – no one will know – has regretted in their lives not propositioning someone to whom they were attracted, as much as they might have regretted having had an alcohol induced one-nightstand with someone who in a sober moment would not be in the slightest way attractive to them.

Many men may often secretly count their conquests with pride, and notches on the bedhead, while few count the ones that got away. Women are more likely to do the opposite. Either way, curiosity and the desire for experimentation are natural, and each will decide which fantasy to act upon, that suits their level of inhibition, bravery, libido, or social conscience – depending on their 'id', 'super-ego' or 'ego'.

The 'id' is the primitive and instinctual part of the mind that contains sexual and aggressive drives and hidden memories, the

'super-ego' operates as a moral conscience, and the 'ego' is the realistic part that mediates between the desires of the id and the super-ego. Whatever drives the individual the most, 'Guilt' is a very common problem and outcome of promiscuity - because of common disgust at the animal urges and drives and aggression coming from the 'id', and all the prohibitions and codes society set in the 'superego'. There are a variety of ways an individual handles guilt, called defence mechanisms, but setting oneself too high a standard is usually a mistake, no-one is perfect.

## **Sex and Sanity**

The penis monologues: "sanity resides in the balls."

Because sex carries significant emotional, moral, and religious importance, it often becomes a magnet for obsessions in people predisposed to mental disorders. Common themes that make people think too much and become unbalanced in their emotional responses are - unfaithfulness, deviant behaviour, the unfaithfulness or suitability of one's partner, and thoughts combining religion and sex. People with sexual obsessions may have legitimate concerns about their attractiveness, potency, or partner, which can serve as an unconscious catalyst for the obsessions and mental health issues.

Sexual sanity means living with a healthy experience about sex, by avoiding the extremes of out-of-control sexual addiction on the one hand, and an over-controlled sexual shutdown on the other.

If you pretend that sex isn't important, you need sexual sanity. In reaction to a culture that seems to have venerated sex to a religious level, many people pretend that sex is just a small part of life, or that it's really not that important. Such people try to minimise the power of sex. This is so wrong, because sex is

important, and in a sex-saturated world, you need to maintain healthy sexual boundaries to avoid destructive habits.

You need sexual sanity if you use sex as a means to an end. When some people are sad, they use sex as temporary distraction. If they are lonely, they use sex to achieve temporary feeling of connection. Yet, sexologists say the distraction, pleasure, and sense of well-being that sex provides does not last. Instead of using sex as a coping mechanism, it should be used as a way to express love. Love wins.

But we are all obsessed with sex, aren't we, and long may it be so. Do men think about sex every seven seconds? Well, not quite. Research at Ohio State University, for example, undertaken by Terri Fisher, asked 300 college students to record each time they thought about sex, or food, or sleep. They found that the average man in their study had 19 thoughts about sex a day. This was more than the women in their study - who had about 10 thoughts a day. Maybe so, but it's still significant. Best to keep sane by doing it more and thinking about it less, as long as you and your partner(s) are happy in the process.

And don't expect miracles or change where it is not sought or expected. Relationship insanity is doing the same things, going out with same guy (or woman), carrying the same beliefs, baggage, attitudes, and expecting different results. Sometimes change is necessary.

## **Sex and Just Do It**

The last word – Just Do It, and put your whole 'Mind, Body and Soul' into it. But don't let one dominate.



## Part Four

# The Sexuality of Things



NASA's James Webb telescope has been wowing astronomers lately with stunning photos of some of the first stars in the universe — photos that capture light from more than 13 billion years ago. That blows the mind. But a James Webb telescope will not help *you* understand the Universe or the Meaning or Origin of life. The history of the Internet has its origin in information theory and the efforts to build and interconnect computer networks. But, using Google will not help *you* understand the origins of the Internet, or the 'Internet of Things'. Google is just a Search Engine. Now, at home on Planet Earth, with the urge to have sex, we just do it – but that will tell *you* nothing of the Meaning or Purpose of our Sexuality.

Sexuality is the most diverse of all human attributes and people's sexual personalities involve cultural, ethnic, and religious differences; differences in family background; differences in sexual orientation; differences in sexual attitudes, morals, and values; differences in sexual behaviour, preferences, experiences, and sexual role expectations. There are so many factors that can impact a person's sex life at any given point — including level of self-confidence, relationship status, past experiences, and the current state of an individual's libido.

Love and Sex, like other aspects of paramount importance in life, can make you or break you, become your proud legacy or your worst nightmare. Sometimes we follow them blindly. In so doing are ignorant, but are we as good as our worst mistake, or as bad as the image painted by our critics? Fuck the critics.

## **Sex and Sexuality**

There are five very fundamental 'Basic Functions' of human sexuality - Procreation, Pleasure, Security, Love and Spirit. We have a sexual drive, shared by all mammals, sometimes called 'lust' by the affective neuroscientists. It's the driver behind Procreation. In humans, the female has what's been termed 'continuous receptivity' meaning the ability to remain sexually participatory throughout the monthly reproductive cycle, not only when the female is ovulating and readied for conception. No other primate shares this continuous receptivity, except in part the Bonobo, the pigmy chimpanzee. Additionally, sex is very Pleasurable and beneficial. Orgasm causes the release of vasopressin, oxytocin, dopamine along with testosterone and norepinephrine, a combination of hormones that contribute to the experience of Love. This in turn leads to bonding and the desire to commit to a relationship which offers a feeling of personal Security.

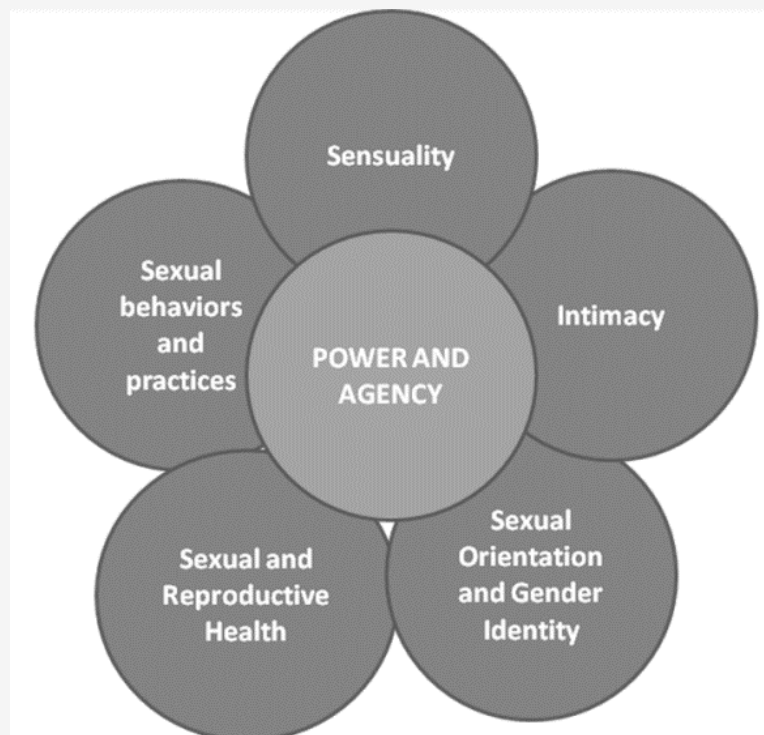
The quieting of the amygdala in the brain (the part of the brain that drives stress and fear), brings with it - relaxation. When humans indulge in a meaningful, rewarding and sensual sexual relationship, a sense of spirituality and feeling of well-being evolves. It is something definitely beyond the animal instinct of procreation or chase for immediate pleasure; there are fundamentally powerful, longer-term benefits associated with human sex.

## **Sexuality and the Circles of Sexuality**

Despite what the online Slang Dictionary says - 'Circles' are not all about Breasts. " *Man, I wanna rub those circles*". 'Sex and the Circles of Sexuality' is a wholistic model of sexuality that encompasses all aspects of being and is influenced by the

individual, family, culture, spirituality, science, profession, institutions, law, and politics – developed in 1981 by D. Dailey, “Sexual Expression and Aging”.

Sexuality is much more than sexual feelings or sexual intercourse. It is an important part of who a person is and what she/he will become. It includes all the feelings, thoughts, and behaviours associated with being female or male, being attractive and being in love, as well as being in relationships that include sexual intimacy and sensual and sexual activity. It also includes enjoyment of the world as we know it through the five senses: taste, touch, smell, hearing, and sight.



Source: <https://www.igwg.org>

- **Sensuality** - Use of the senses to experience physical and psychological pleasure.

Awareness and feeling with one's own body and other people's bodies, especially the body of a sexual partner. Sensuality enables us to feel good about how our bodies

look and feel and what they can do. Sensuality also allows us to enjoy the pleasure our bodies can give ourselves and others. Sensuality allows for pleasure and includes smell, touch, taste, sight, and sound.

- **Intimacy** - The exchange of emotional closeness between people.

Sexual intimacy is the ability to be emotionally close to another human being and to accept closeness in return. Several aspects of intimacy include Sharing, Caring, Liking or loving, Emotional risk-taking, and showing Vulnerability.

- **Sexual Identity** - Who we are as sexual beings and how we label ourselves and our desires.

A person's understanding of who he or she is sexually, includes:

- Gender identity: a person's internal sense of being a man or a woman, which may or may not correspond with the sex assigned at birth.
- Gender expression: how one's characteristics and behaviours conform to or transgress gender norms and roles of femininity and masculinity. Circles of Sexuality and Definitions
- Sexual orientation: whether a person's primary attraction is to the opposite sex (heterosexuality), the same sex (homosexuality), or both sexes (bisexuality).

- **Sexual Health and Reproduction** - Attitudes and behaviours related to the sexual and reproductive systems.

One's capacity to reproduce and the behaviours and attitudes that support sexual health and enjoyment. This includes factual information about sexual anatomy, sexual

intercourse and different sex acts, reproduction, contraception, STI prevention, and selfcare, among others.

- **Sexualization, Behaviours and Practices** - The use of sexuality to influence, control, and/or manipulate others.

Sexualization is that aspect of sexuality in which people behave sexually to influence, manipulate, or control other people. Often called the "shadowy" side of human sexuality, sexualization spans behaviours that range from the relatively harmless to the sadistically violent, cruel, and criminal. These sexual behaviours include flirting, seduction, withholding sex from an intimate partner to punish her/him or to get something, sexual harassment, sexual abuse, and rape.

- **Sexual Power and Agency** – These are all about Values

Power within sexual relations. This includes:

- Power within, derived from a sense of self-worth and understanding of one's preferences and values, which enable a person to realize sexual well-being and health.
- Power to influence, consent, and/or decline.
- Power with others to negotiate and decide.
- Power over others; using sex to manipulate, control, or harm other people

## **Sexuality and Personality Traits**

In terms of the 'Sexuality of Things' the Enneagram comes strongly into play. It is bound to because personality traits define how a person behaves in situations, including sexual relationships. People cannot change fundamentally who they are, only enhance who they are in given circumstances. There is no more important an area to do so than in the most intimate

form of communication between fellow men, through their sexual encounters and relationships and conduct.

All Personality types have positive and negative traits. In fact, when integrated, sex involves all three of Gurdjieff's Centres of Energy and Intelligence – the head, heart and body - as it does for all nine healthy types. Sex is not a technique to be mastered with study, but a deep awareness of your being connected with another. Sensory, uncensored sex, where you can share your feelings with a trusted partner.

## **Sexuality and Behavioural Traits**

Sexual difficulties occur between women and men and are associated with various mental and physical health problems. Although psychological traits are known to impact sexual attitudes and behaviour, sexuality- and personality-related traits are less well investigated in terms of assessing their relevance for sexual functioning in couples.

A recent study in *Psychology Bulletin* explored five of the most common personality traits and how they impact our sexual behaviour.

- **Agreeableness** - People who are agreeable are usually considerate, kind and focus on making other people feel good, but they are often not as interested in sex as other personality types.
- **Conscientiousness** - People who rate high in conscientiousness have fewer sexual problems and more satisfying sex lives. Particularly organized and detailed oriented types are conscientious about their sex. Their sexual proclivities might be a little more conventional than other people, but they still report being sexually satisfied and less likely to experience issues in the bedroom.

- **Extraversion** – People who are the overly extravert types are having the most sex, which makes sense since they're always looking to stay stimulated and busy. They're more likely to have a penchant for casual sex and report greater satisfaction levels than average, but there's also a higher chance that they could be unfaithful.
- **Openness** - People who are generally curious and open to experiencing new things are often more adventurous and liberal-minded when it comes to sex. They're also more likely to acknowledge when they feel same-sex attractions and tend to have imaginative sexual fantasies.
- **Neuroticism** – People who are neurotic are the least sexually satisfied. They are often dissatisfied with life in general and consistently stressed, easily annoyed, and emotionally unstable.

Karen Horney's Type categorization with respect to sexuality can be compared/paralleled to these common personality traits.

- **Extraversion & Openness** - relate to the Assertive Type who are *Demanding in Sex*: Types Three, Seven and Eight.
- **Agreeableness & Conscientiousness** - relate to the Compliant Type who consider *Sex is Earned*: Types One, Two and Six.
- **Neuroticism** - can relate to the Withdrawn Type who are *Submitting to Sex*: Types Four, Five and Nine.

Later in this chapter (see 'Sexuality and Mindsets') I discuss the concept of two 'Basic Mindsets' manifesting different types of Sexual Behaviour. Varying levels of 'Benefit or Harm' result, but it's the Sexual Drivers and Intent that determine both the behaviour and outcomes.

- **The Basic Mindset** – is the use of Power, Status or other Manipulative Exploitation, Money, Alcohol or Seductive techniques with Ulterior Motives to get sex and exploit a potential partner - which might include *harmful levels* from rape, date-rape, non-consensual sex with an unwilling wife or sex-worker or drunken co-worker, to abusing a consenting sex worker or disinterested partner, drunken fornication, or gold-digging.
- **The Optimal Mindset** – is the use of Persuasive or Seductive Power, Lust, Hope or Expectation, Altruism or co-Dependency to mutually enjoy sex with a committed or potential partner – which might include *beneficial levels* from experimental sex between youngsters and sweetheart lovers, one-nightstands, sexual fantasies & experimentation and swingers, to mutually enjoying love making with a committed long-term partner.

BEHAVIOURAL TRAITS			
SEX WITH MUTUAL CONSENT, DESIRE & COMMITMENT	SEX WITH MUTUAL CONSENT & DESIRE WITHOUT COMMITMENT	SEX WITH MUTUAL CONSENT BUT NOT MUTUAL DESIRE OR COMMITMENT	SEX WITHOUT MUTUAL CONSENT, DESIRE, OR COMMITMENT
Life-Long fun loving & happy co-habiting Partners	Young Sweethearts / Lovers	Disrespectful Sex with Sex-Workers for self-gratification	Rape
Long-time Committed Lovers/ extra-marital Sexual Partners	Non-committal Affairs between Co-Workers or close Friends	Drunken Fornication & Casual Sex/Adultery with indifference	Premeditated Seduction of a friend's Partner or Employee or Subordinate
Partners seeking to re-ignite Passion thru Romance & Experimentation	Casual Sex / One-night Stands / Nymphomania	Sex between partners with different levels of love for one another	Forceful sex in a Broken Relationship
Love Making with intent to conceive	Loving / respectful willing encounters with Sex Workers/ Swingers	Sex with ulterior motives- Gold-diggers, Toy-boys, Sugar-daddies, etc	Certain types of Polygamy



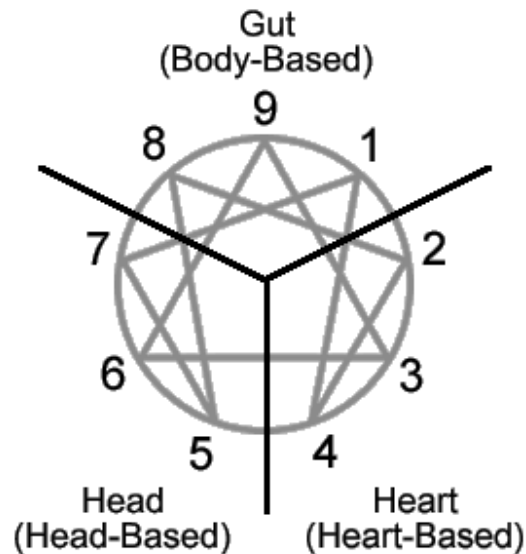
## Sexuality and Core Emotions

Because Gurdjieff's nine Enneagram Personality Types and his three Centres of Energy and Intelligence - Heart, Head, or Body - do have some relevance, they are analysed above, personality type by personality type. In the final analysis a person's behavioural attributes and conduct with respect to sex, come down to the driving forces of their inner-most basic Desires and Fears. Generally, an individual's 'Basic Desire' brings out the positive intent in his/her sexuality, while the 'Basic Fear' extenuates the worst with an individual's instinctive reaction.

The four core emotions of all humans are 'Anger, Fear, Sadness and Happiness'. While Types 8, 1 and 3 can be more prone to anger, and Type 4s are stereotypically known for being sad, Type 9s are prone to sadness but deal with it through disassociation, and Type 6 sadness and depression comes as a response to their self-disparagement. Each personality type has its own Basic Fear - being evil for type 1, being unloved for type 2, being worthless for type 3, being insignificant for type 4, being incompetent for type 5, being unsupported for type 6, being excluded for type 7, being vulnerable for type 8, and being in conflict for type 9. Each Basic Desire is linked to the search for happiness - being good for type 1, being loved for type 2, being successful for type 3, being authentic for type 4, being knowledgeable for type 5, being secure for type 6, being free for type 7, being in control for type 8, and being peaceful for type 9.

In sex, 'Anger' helps us to know we have unmet needs or that our boundaries have been crossed and allows us to express what is right and wrong. Fear helps us assess risks, to apply caution and seek safety and protection. 'Sadness' is likely to relate to our relationships or experience of loss due to rejection or break-ups. Sadness reminds us that our connections with people matter to us, and how much we care about someone when that relationship is no longer available to us.

'Happiness' is the aim of us all and helps us celebrate life and find joy and wonder in sex and the world around us. Sex can help us feel really great and happy and content, even if it only lasts a little while.



The core emotions of 'Anger, Fear, Sadness and Happiness' relate also to the 'Centres of Intelligence'. Each of the types within the three Centres of Intelligence - Body, Head and Heart, have a special relationship with one of the core emotions. For example, the Body types have a special relationship with anger. Of the three Body types (Eight, Nine and One):

- The Eight overuses anger
- The Nine underuses anger
- The One is somewhere in the middle.

This plays out across all three centres of intelligence. Head types, for example, have a special relationship with fear. Sixes over-do fear, Sevens under-do fear and Fives are somewhere in between.

Heart types have a relationship with sadness, or grief at loss, as they are more likely to define themselves based on the status of their relationships than the other triads. Fours overuse sadness, Threes underdo sadness and Twos are in the middle.

## Sexuality and Triads, Emotions, Desires & Fear

Type	Triad	Core Emotion	Basic Desire	Basic Fear
1	Body	Anger in balance	To have integrity and to be good	To be corrupt or evil
2	Heart	Sadness in balance	To be loved for who they are	To be unloved or unwanted
3	Heart	Sadness underdone	To be successful and desired	To be a failure or worthless, without achievement.
4	Heart	Sadness overused	To have a sense of identity and to be authentic to themselves	To have no identity or significance
5	Head	Fear in balance	To be competent and knowledgeable	To be incompetent and without resources
6	Head	Fear overdone	To have security and guidance	To be unsupported and without guidance
7	Head	Fear underdone	To have freedom and happiness	To be trapped in pain, or to miss out
8	Body	Anger overused	To be in control and to have autonomy	To be vulnerable or controlled by others
9	Body	Anger underused	To have inner peace and stability	To have inner fragmentation or conflict

## **Sexuality and The Drivers in Relationships**

Enneagram Personality Types and their Traits, their Triads, Core Emotions, Basic Desires, and Fears – are not the panacea to understanding Personal Sexuality. All individuals and their relationships are different. Matchmaking by Enneagram Personality Type is a fool's errand. In reality Chemistry between partners and Success Factors in relationships are far more complex, as many a Dating Website company has found to their cost.

Whatever the Personality Types and Traits of the lovers – it is the 'Level of Respect, and Intent' that govern the outcome, both short-term and long-term.

Not all sexual relationships are motivated by equitable or mutual levels of 'Consent, Desire or Commitment', and the resultant Behavioural Traits, depending on Intent, can lead to different outcomes – from the '*Benefits*' enjoyed by love making in long-term relationships or committed affairs – to the potential '*Harm*' of manipulative seduction, irresponsible casual sex, abusing prostitutes - to aggressive sex and rape.

Each relationship is based, to varying degrees, on elements of 'Intimacy Passion and Commitment'. Intimacy in terms of interaction and communication between partners are matters of the 'Mind and Heart' because they depend on the 'Respect and Intent' declared and implied by attitude, behaviour, and actions by the partners.

Passion manifests itself in the sex and Bodily Pleasure, albeit almost always enhanced by higher levels of Intimacy with mutual Respect and Intent, and mutual Consent and Desire.

Parallels can be drawn with George Gurdjieff's Three Centres of

Intelligence – Feeling (Heart), Thinking (Head), or Instinctual (Body). His view was that love can be expressed from each centre with its own quality and result.

- **Head Types 5, 6 & 7** - the Head Centred types rely on thinking things in order to feel autonomous and safe in the world. They find their autonomy via rationalising, clarifying and through ideas. However, they have to be mindful of falling into over-analysis, analysis paralysis, or becoming fearful of taking action.
- **Heart Types 2, 3 & 4** - the Heart Centred types are the or the emotional ones who rely on feelings in order to connect with others though being empathic with others. They find their autonomy via relationships, personal authenticity, and image. However, they have to be mindful of becoming over sensitive, emotionally manipulating others or being insensitive to them.
- **Body Types 8, 9 & 1** - the Body Centred types are instinctually based as they see being treated with respect, being treated as worthy and being protected as vital. They are doers and action-oriented based on 'gut' knowhow. They find their autonomy via taking action and control. They have to be mindful, however, that this doesn't result in excessiveness or over or under active

But each Enneagram Type holds elements of all three centres, and they interact with each other. The centre that a Enneagram Type resides in does not define his or her psyche.

## **Sexuality and Psychology**

Sexuality is the driver behind everyone's sensual feelings, thoughts, and behaviours. It defines the means of biological

reproduction, describes psychological and sociological representations of self, and orients a person's attraction to others. Further, it shapes the brain and body to be pleasure-seeking.

To understand the Psychology of Sex at the level of the individual, it is necessary to understand a person's 'Mind Set' and 'Psychological Condition' – Head, Heart and Body. Is the individual Head-based (Types 5,6,7) rationalising his/her position and coming up with sexy ideas but harbouring elements of fear and anxiety of taking action and making the move; or Heart-based (Types 2,3,4) relying on nurturing skills and image protection, but with underlining insecurities of shame and self-image or having been too manipulative in the chase; or Body-based (Types 8,9,1) relying on action and control in 'just doing it' but worried or guilty about going too far in the act itself.

Each set of psychological conditions are defined by 'Intent and Anxiety' because they depend on whether the intent is honourable and kind, or manipulative and abusive; and whether the individual's personality traits can deal with the associated fears, anxieties, insecurities, or guilt. The Results of Acting upon the Intent will be - beneficial or harmful to the sexual partner. These 'Mind Sets' are ultimately measurable by 'Levels of Respect and Honest Intent' and ultimately whether they include the elements of 'Consent, Desire and Commitment'.

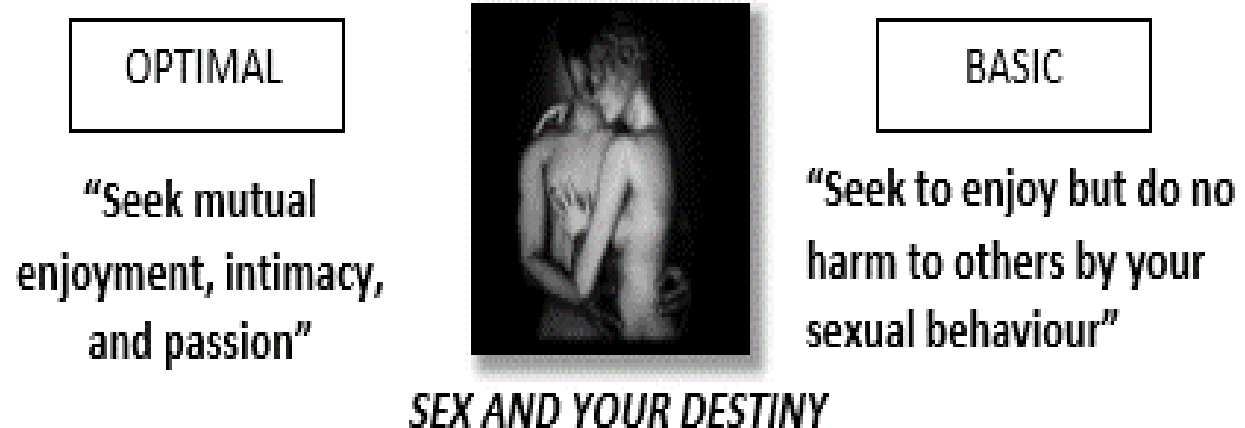
## **Sexuality and Mind Sets**

**The Basic Mindset** is defined by the individual whose intent is to secure a sexual encounter, and receive sexual gratification, without commitment, and with (or without) mutual consent and desire. The Prerequisite must be that the individual seeks to enjoy the sex but do no harm to others by enacting the sexual act and behaviour. Non consensual sex is illegal.

**The Optimal mindset** is defined by the individual whose intent is to secure a sexual encounter, and enjoy mutual sexual gratification, with or without commitment, but with mutual consent and desire. The Prerequisite is that the individuals seek mutual enjoyment, intimacy, and passion by enacting the sexual act and behaviour.

The prerequisites of the former exclude illegal acts of prostitution in some countries, date-rape, rape and polygamy. But the prerequisites of the later do not require monogamy or preclude acts of adultery, provided there is no intent to cause harm to third part partners.

### THE PSYCHOLOGY OF MIND SET AND SEX



The Basic Mindset might include adultery, casual sex, or drunken sexual encounters – without intent to cause harm to third part partners. The encounter would be best kept secret.

The Optimal Mindset might include one-nightstands, long-term affairs or non-committal sexual encounters as well as committed long-term relationships, provided the individuals seeks mutual enjoyment, intimacy, and passion by enacting the sexual act and behaviour. The categorizations are distinct:

1. Use of Power, Status or other Manipulative Exploitation,

Money, Alcohol or Seductive techniques with Ulterior Motives to get sex and exploit a potential partner *without mutual consent and without mutual desire*, purely for self-sexual gratification is illegal non-consensual sex and is – an illegal, harmful/ unacceptable behavioural trait. This might include rape, date-rape, non-consensual sex with an unwilling wife or sex-worker or drunken co-worker.

2. Use of Power, Status or other Manipulative Exploitation, Money, Alcohol or Seductive techniques with Ulterior Motives to get sex and exploit a potential partner *with mutual consent but without mutual desire*, purely for self-sexual gratification is harmful/inappropriate behavioural trait. This might include abusing a consenting sex worker or disinterested partner, drunken fornication, or gold-digging.
3. Use of Persuasive or Seductive Power, Lust, Hope or Expectation, Altruism or co-Dependency to mutually enjoy sex with a potential partner, *with mutual consent, and mutual desire, but without Commitment* is considered – an acceptable beneficial behavioural trait. This might include experimental sex between youngsters and sweetheart lovers, one-nightstands, sexual fantasies & experimentation and swingers.
4. Use of Lust, Hope or Expectation, Altruism, or co-Dependency to mutually enjoy love making with a committed partner, *with mutual consent, and mutual desire, with Commitment* is considered – a desirable and beneficial behavioural trait.

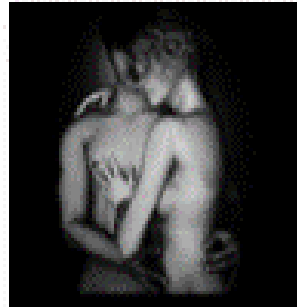


# UNDERSTAND WHAT DRIVES YOUR SEXUAL RELATIONSHIP(S)

## THE PSYCHOLOGY OF MIND SET AND SEX

OPTIMAL

“Seek mutual enjoyment, intimacy, and passion”

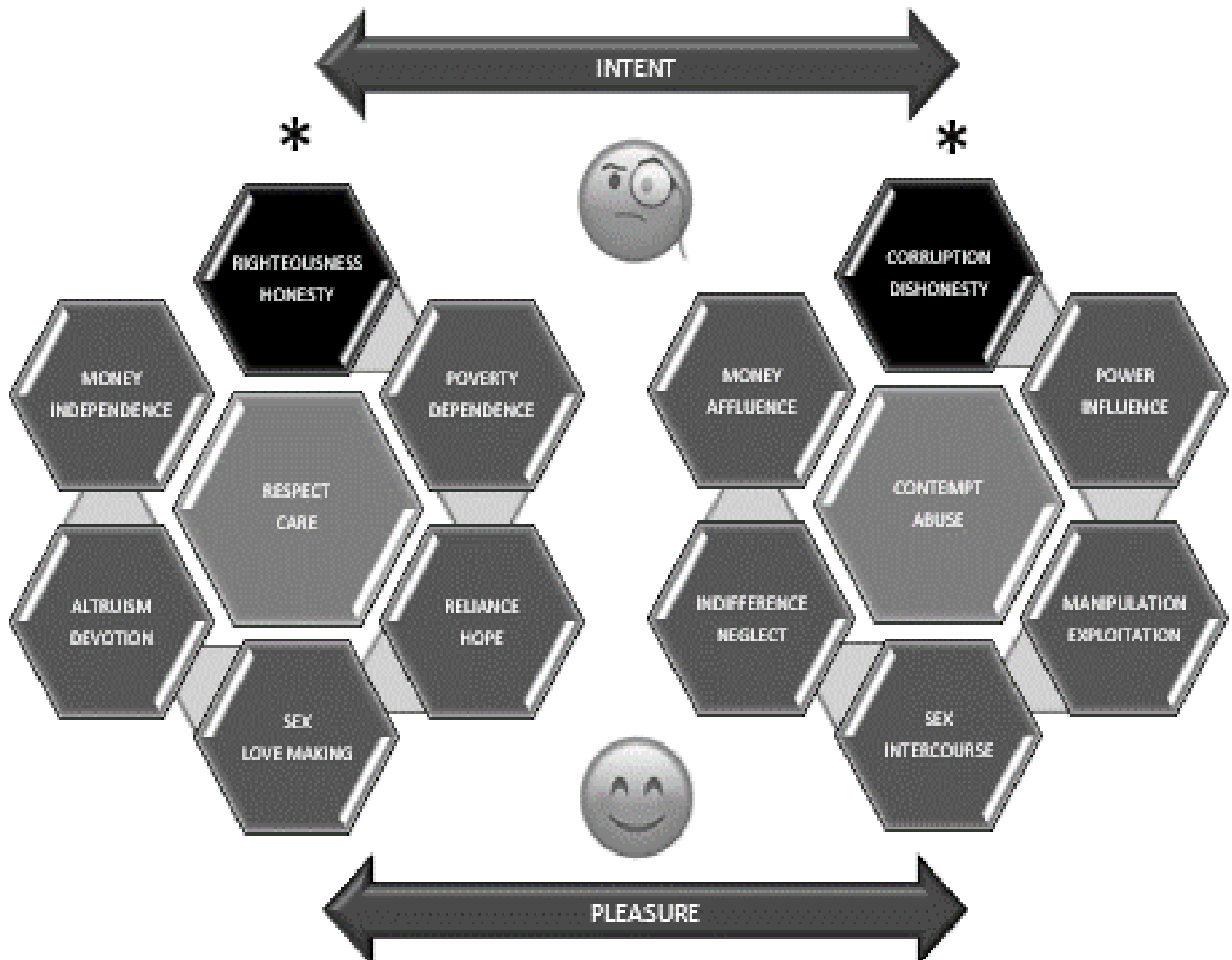


BASIC

“Seek to enjoy but do no harm to others by your sexual behaviour”

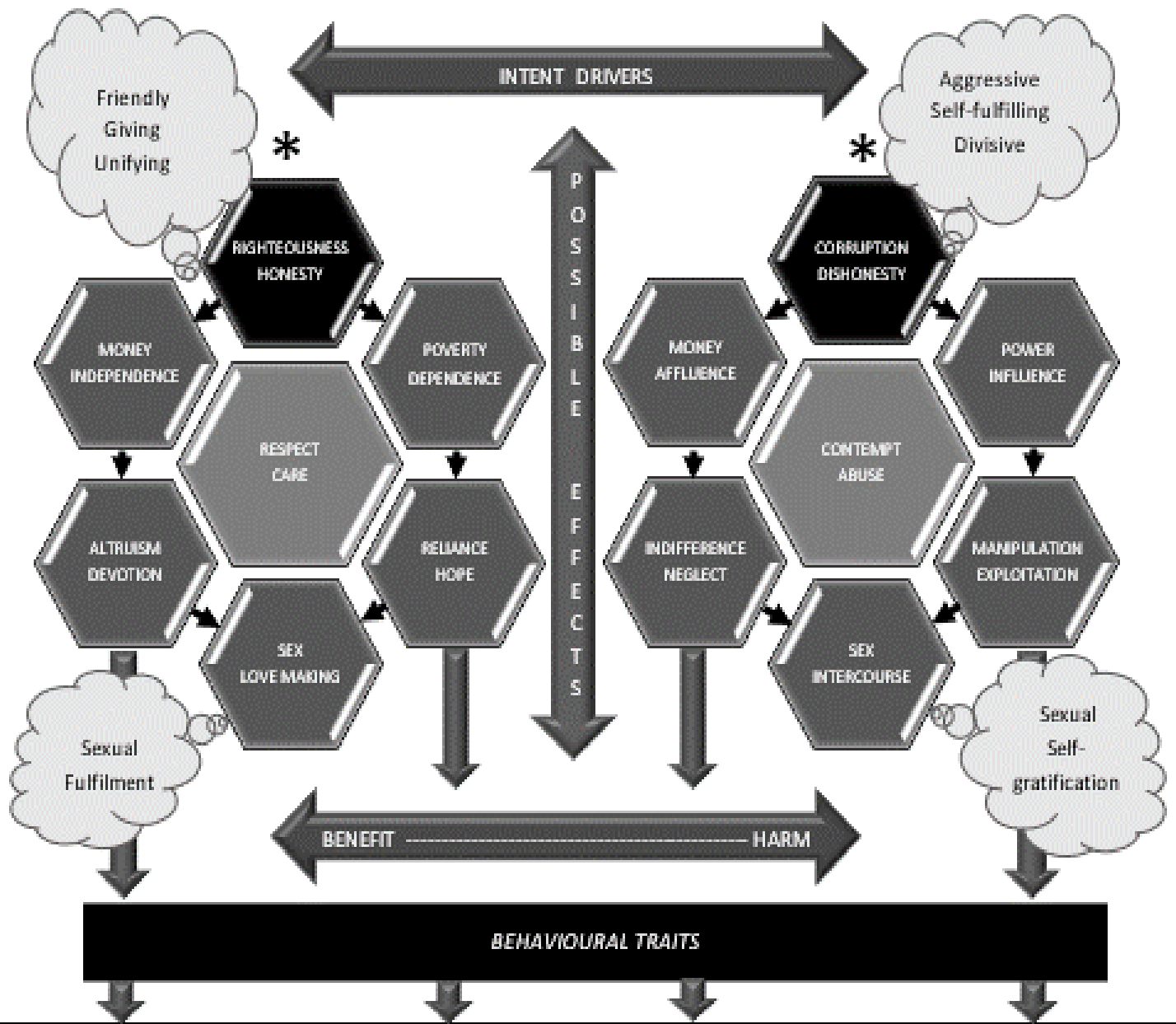
### SEX AND YOUR DESTINY

#### LEVEL OF RESPECT



#### LEVEL OF INTIMACY

**INTENT DRIVERS & DESTINY**



SEX WITH MUTUAL CONSENT, DESIRE & COMMITMENT	SEX WITH MUTUAL CONSENT & DESIRE WITHOUT COMMITMENT	SEX WITH MUTUAL CONSENT BUT NOT MUTUAL DESIRE OR COMMITMENT	SEX WITHOUT MUTUAL CONSENT, DESIRE, OR COMMITMENT
Life-Long fun loving & happy co-habiting Partners	Young Sweethearts / Lovers	Disrespectful Sex with Sex-Workers for self-gratification	Rape
Long-time Committed Lovers/ extra-marital Sexual Partners	Non-committal Affairs between Co-Workers or close Friends	Drunken Fornication & Casual Sex/Adultery with indifference	Premeditated Seduction of a friend's Partner or Employee or Subordinate
Partners seeking to re-kindle Passion thru Romance & Experimentation	Casual Sex / One-night Stands / Nymphomania	Sex between partners with different levels of love for one another	Forceful sex in a Broken Relationship
Love Making with intent to conceive	Loving / respectful willing encounters with Sex Workers/ Swingers	Sex with ulterior motives- Gold-diggers, Toy-boys, Sugar-daddies, etc	Certain types of Polygamy

Keep Affairs Secret to avoid harm to one's Partner.

## **Sexuality and Your Sexual Blueprint**

When the levels of Intimacy, Passion and Commitment are at their highest, relationships are at their strongest. The mutual Intent and Drivers are invariably based on mutual respect and love – whether in a marriage, a long-term relationship or affair.

But sex is not always about long-term committed relationships. It does not have to be based on, or judged by, conventional ethics and sexual stereotypes. Men do not always pursue short-term relationships, just as women do not always pursue long-term relationships. Women may engage in short-term relationships for a variety of reasons, such as sexual desire, or to gain economic resources immediately, to evaluate a potential long-term mate, or to have the opportunity to switch mates. Men might engage in long-term relationships based on love, or security and companionship, as a strategy to reduce paternity uncertainty or increase the likelihood that the offspring will survive.

Your Personal Sex Life Blueprint may change from a Basic Mindset to an Optimal Mindset, depending on circumstances, motivations, intent, personality and behavioural traits, centres of energy and intelligence, core emotions, basic desires, and fears and short-term or long-term plans.

Make your own choices and do no harm, premeditated or otherwise, to others in making those choices. And most importantly, if your sex life is in trouble, so is your relationship.

## **Sexuality and Choosing a Sexual Partner**

Choosing the right life-partner is probably an important life-decision. Darwin's theory of sexual natural selection proposes that men must compete against each other in order to successfully reproduce with women to pass on their genes. However, recent research has discovered that women can be equally competitive with each other as men are. We have moved on since analysing such a complex subject as choosing a partner based on animal instinct. Such a base theory does not reflect or predict real life.

The stereotypes still apply. Men will continue to seek young and attractive women, whilst women prefer men who can protect and provide. The stereotypical man puts emphasis not just on looks, but housekeeping abilities, and desire for children in longer term relationships. Stereotypical women, in contrast, put greater value on wealth, generosity, resourcefulness, dominance, ambition, intelligence, education, sociability, reliability, kindness, and a good sense of humour.

But we are not all stereotypical, and we are not all looking for long term relationships when it comes to the desire for sex. Not all women desire sex only in the context of an intimate, romantic, and committed long-term relationship; some prefer uncommitted casual sex.

Human beings don't just make decisions in isolation, they make them in a holistic environment taking into account a range of factors depending on their intent at the time.

In long-term relationship 'Trust' is the top criterion for selection by both men and women. Like women, men want a life partner who will be 'Trustworthy, Faithful, and Reliable'. That demands the three elements for a successful loving relationship –

Intimacy, Passion, and Commitment. That is why Lack of Commitment and Unfaithfulness top the rankings as reasons for divorce. Intimacy, Passion, and Commitment imply 'Attachment, Sexual Compatibility, and Security'. So sexual compatibility is of often under-estimated importance.

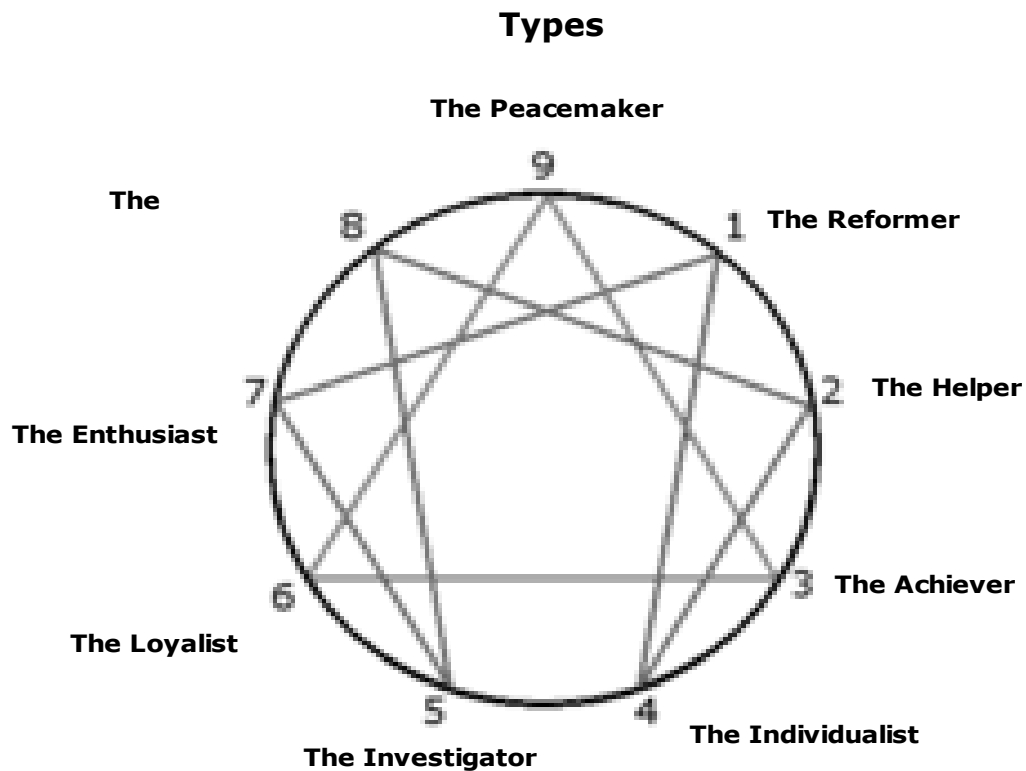
## **Sexuality and Personality and Charisma**

There is no formula or questionnaire results that will guarantee Sexual Compatibility – it's very much a 'try it and see' test. Males and females eventually tend to rate physical attractiveness much lower in potential partners once they passed about 55 years old, instead rating personality much higher than younger cohorts.

But apart from 'Sexual Chemistry, Trustworthiness, Faithfulness, and Reliability, the 'Personality Traits' that go hand in hand with these qualities that everyone seems to seek include - *Honesty, Kindness, Humour, and Confidence*. These elements can be labelled 'Personal Charisma'.

Attractiveness and compatibility can be examined, therefore, by reference to Personality Traits, and the Virtues of each Enneagram Type that reflect - *Honesty, Kindness, Humour, and Confidence*.

# Sexuality and Enneagram Compatibility Rankings



*Source: Enneagram*

So, we all seek - Honesty, Kindness, Humour, and Confidence. They need closer analysis: *Honesty* demands principled, perceptive, loyal types (eg. 1,5,3); *Kindness* demands caring, peaceful, agreeableness (eg. 2,9); *Humour* may be found in fun-loving, enthusiastic, creative types (eg. 4,7); and *Confidence* is most likely found in the self-assured challengers in life (eg. 3,8). There is a bit of each in all of us, at the healthy levels of development of our personalities.

## Compatibility Rankings

	Type 1	Type 2	Type 3	Type 4	Type 5	Type 6	Type 7	Type 8	Type 9
Type 1	92%	70%	87%	10%	25%	56%	11%	68%	54%
Type 2	70%	97%	47%	8%	13%	19%	46%	42%	76%
Type 3	87%	47%	92%	34%	40%	45%	10%	81%	19%
Type 4	10%	8%	34%	97%	81%	75%	80%	43%	11%
Type 5	25%	13%	40%	81%	90%	31%	77%	47%	49%
Type 6	56%	19%	45%	75%	31%	93%	20%	63%	62%
Type 7	11%	46%	10%	80%	77%	20%	91%	26%	76%
Type 8	68%	42%	81%	43%	47%	63%	26%	84%	10%
Type 9	54%	76%	19%	11%	49%	62%	76%	10%	92%

Source: <https://personalitydata.org>

This chart indicates general preferences and presents general conclusions for compatibility. Across all enneagram types, the most compatible combination, according to declared preference given in the poll - is universally same types. People at 'Healthy Levels of Development' of their personality type are very comfortable with themselves and not surprisingly therefore comfortable with others who shadow their perceived natural 'Virtues'. This result suggests that the degree of similarity largely determines the degree of compatibility. In contrast, when people don't feel well about themselves and slide into the 'Unhealthy Levels of Development' of their personality type - they are more likely to reject others whose perceived 'Vices' and less favourable personality traits they find unattractive. This inevitably causes conflict and relationship problems. Interpersonal attractiveness is therefore heavily based on similarity, rather than difference. Opposites do not attract.

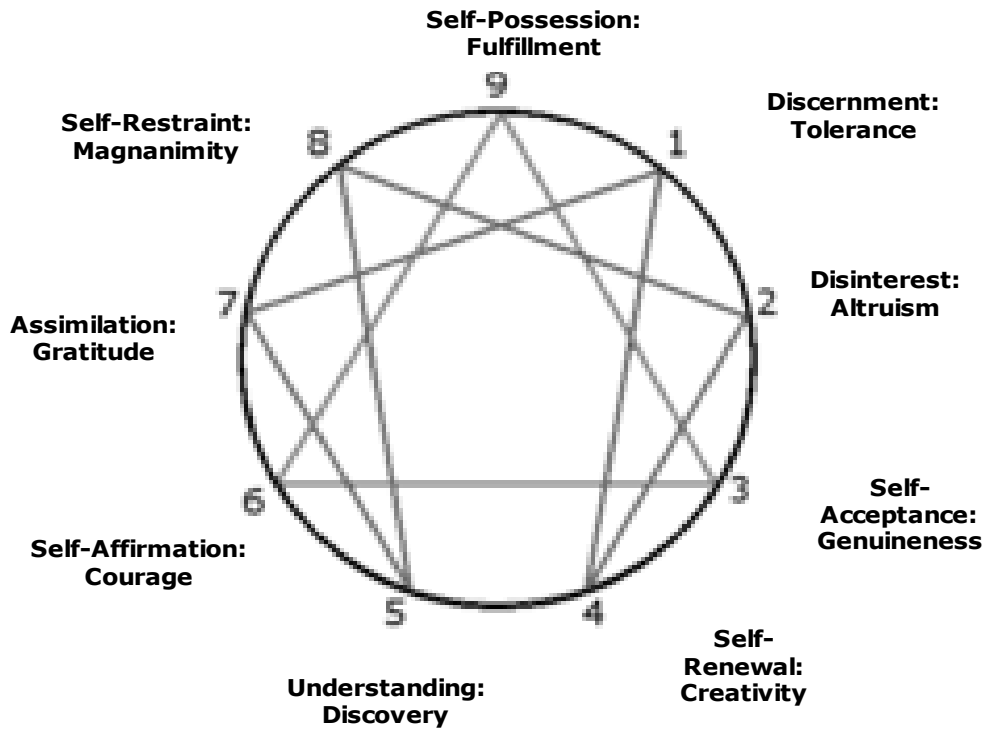
## **Sexuality and Compatibility**

So, we all love ourselves and seek Partners who emulate our finest qualities and virtues at the healthy levels of our personality development. Why else would we masturbate? We also like other Types with similar traits. For example, Type Twos and Type Nines are highly similar personality types, both showing high levels of agreeableness, cooperation, and team orientation. They are the genuine 'Givers' and often ranked as the best lovers. Meanwhile Types One, Three and Eight are all self-assured doers, and while at healthy levels of development might respect each other's powerfulness, and assertiveness in bed. A creative Type Four may respect a perceptive investigator Type Five who understands her/him; and a Loyal Type Six might hitch his/her waggon to an adventurous Type Seven who can teach them some new tricks.

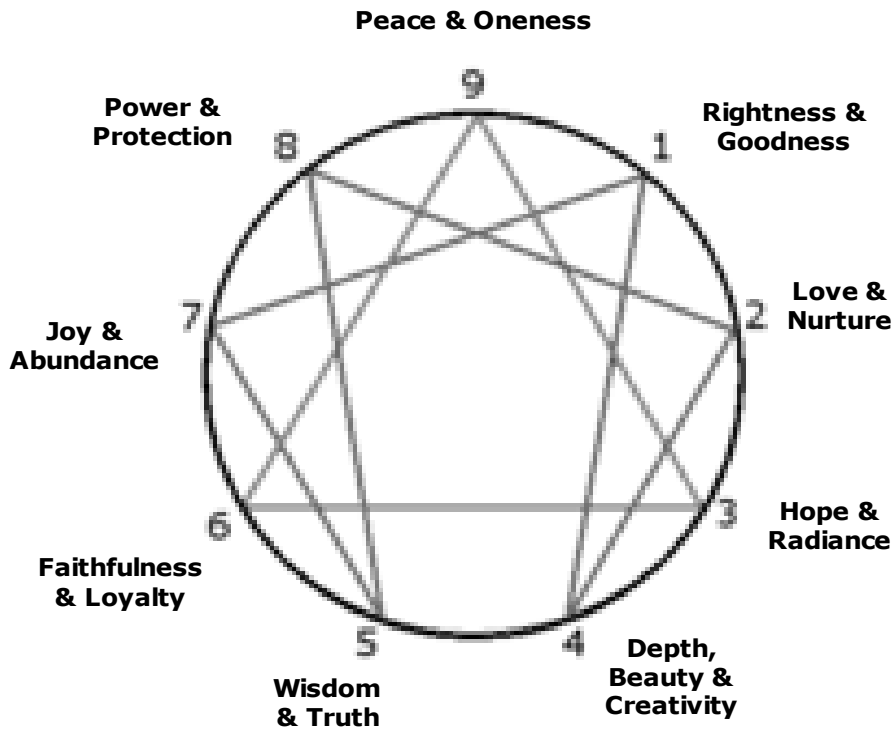
However, where differences get exaggerated by Unhealthy Levels of Personality Development, potential conflict occur, and compatibility is compromised. It's down to 'Virtues and Vices'.



## Healthy Levels of Development

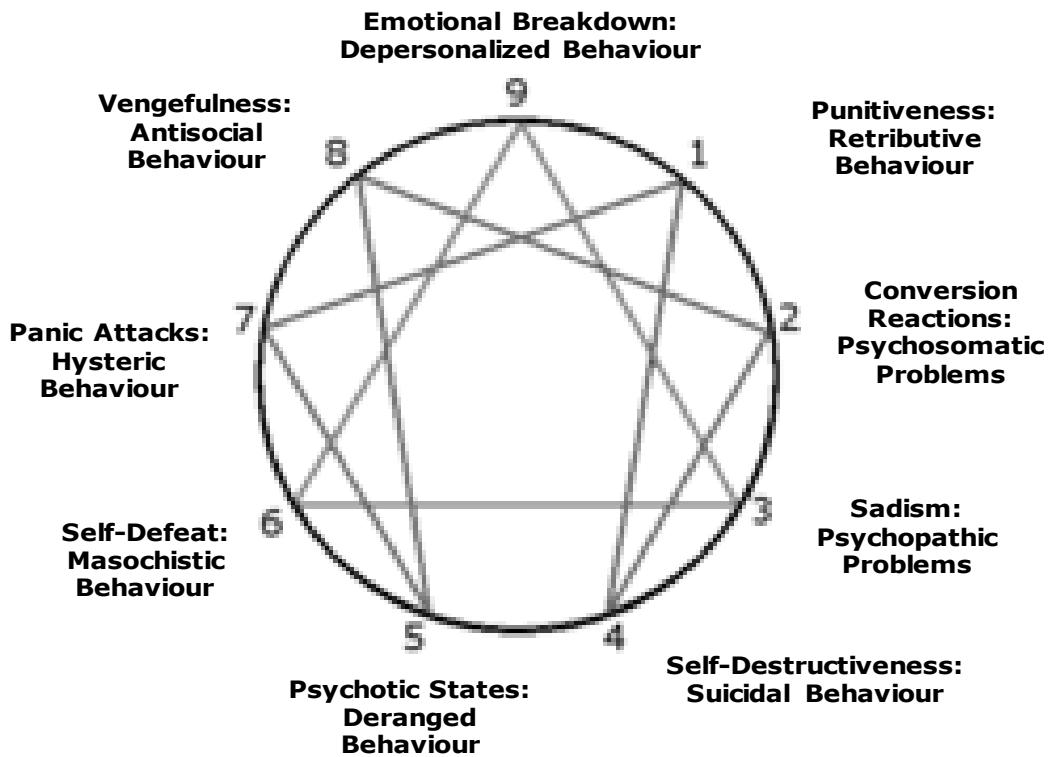


## Virtues

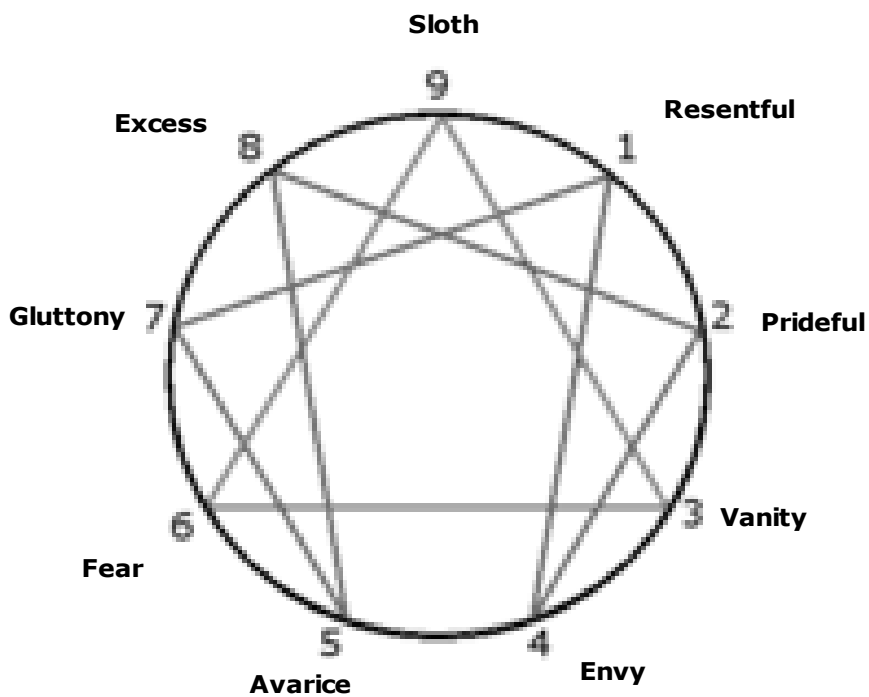


Source: Enneagram

## Unhealthy Levels of Development



## Vices



Source: Enneagram

## **Sexuality and Personality Conflict**

Principles reformers (Healthy Type One) may get frustrated by greedy, eccentric (Unhealthy Type Five) and degenerate into retributive behaviour. Altruistic helpers (Healthy Type Two) driven by love and giving may reject a vane, self-seeking, hostile (Unhealthy Type Three) who takes advantage of their generosity and degenerate into aggressive psychosomatic exaggerated behaviour and rejection. Self-assured genuine (Healthy Type Three) radiating hope and selling themselves may become aggrieved by resentful, self-opinionated perfectionists (Unhealthy Type One) who question their worth as pure vanity and self-seeking self-importance, degenerating into sadistic psychopathic behaviour as a result. They will fight to the death.

Equally an individualistic and creative (Healthy Type Four) with new ideas and suggestions may take offense at a dogmatic, unaccommodating, self-opinionated aggressors who put them down (Unhealthy Types One, Three & Eight), resulting in self-destructive depressive behaviour. The detailed investigator seeking knowledge, wisdom and truth (Healthy Type Five) will have little time for the over-enthusiastic, ill-prepared, and irresponsible glutton (Unhealthy Type Seven) who won't stop partying and indulging in casual sex, instead of focusing on the real problems, resulting in a deranged reactive rant at best, or total rejection at worst. A faithful, loyal and courageous (Healthy Type Six) will follow almost any Type, but likely feel most let down by a disinterest, slothful (Unhealthy Type Nine) who won't take them under their wing, or bother about their needs, resulting in masochistic behaviour.

Finally, Type Eights and Type Nines are very different also, showing polar opposite levels of assertiveness, competitiveness, and emotional volatility. As a result, Type Eights and Type Nines mutually rate each other as undesirable, making them less compatible.

The conclusion is that relationships between similar types will more likely lead to harmony, while different types, particularly those prone to aggressive behaviour, will have most difficulty in finding compatibility and enjoy successful long-term relationships. But relationship problems can stem from many causes, and different Personality Traits is just one cause. It is an obvious fact that unsatisfactory sexual relationships is probably the biggest. Whether the 'Cop-Outs' used by lovers are put down to differences in personality, behaviour or sexual desire - wives, or husbands, who find all sorts of excuses to ration marital love (sex) generally end up unloved, unadmired, unwelcome, and unmarried.

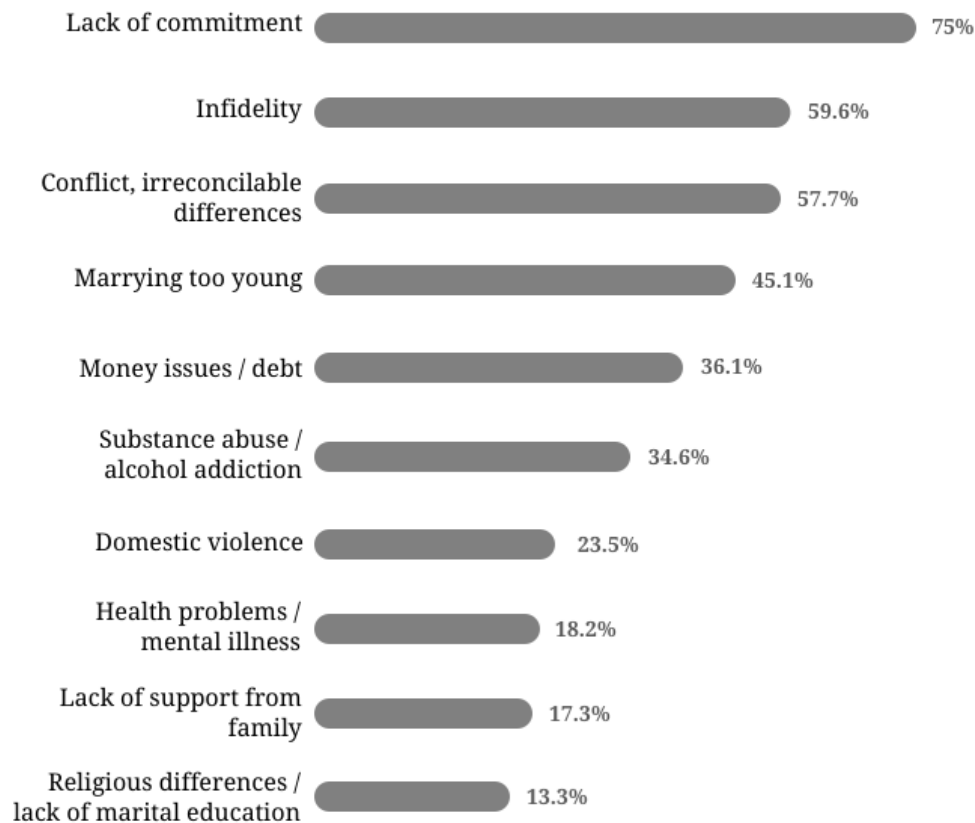
An important caveat is that apart from these general conclusions, relationships between individuals, depend on a plethora of criteria not just compatibility or differences in Personality Types.

## **Sexuality and Reasons for Divorce**

Reasons for Divorce are not just all about different (Enneagram) Personality Types and their interactions, Reasons are of course varied according to Culture, Country, Religion, Race, Demographic, Socio-Economic, Social-Class, and of course individual circumstances and personal behaviour.

As all relationships depend on the elements of 'Intimacy, Passion, and Commitment', it is not surprising that 'Lack of Commitment' ranks highest. Without Commitment - Intimacy and Passion do not endure, and as they wane - 'Infidelity, Conflict and Irreconcilable Differences' result and eventually prevail.

## Reasons for Divorce/ Separation in USA



Source: <https://itsovereasy.com>

## Sexuality and Your Enneagram Type

As an 'Aide-Memoire' *only*, Analysis of the individual Enneagram Types can provide pointers as to how to improve an individual's Sex-Life. These are based on the Enneagram Personality Types, Personality Traits, Key Characteristics, Basic Desire and Fear.

Descriptions and prescriptions are however necessarily general and holistic and relevant to the Enneagram Personality Type rather than specific to any individual's personal circumstances. Acknowledgement is given, and references made to extracts from Ann Gadd's book 'Sex and the Enneagram', and Susan Storm's 'The Sexual Subtype of Every Enneagram'.





**'GUT CENTRED- Body Based Types'**







## Type Eight

### The Demanding, Rebellious Action-Man



**'The intense on-top lover, seducing and satisfying their partners with charisma and bold magnetism, who would do well to show a kinder, softer side and accept that the truly strong are gentle'.**

#### **Key Characteristics:**

- Rebellious and anti-authoritarian
- More emotional than the other subtypes
- Doesn't mind being seen as "bad"
- Contrarian nature
- Demands loyalty from loved ones
- Tries to attain pleasure
- Action-oriented more than contemplative
- May see intimacy as a struggle for control
- Pragmatic and enterprising

**Basic Desire:** To be in control and to have autonomy

**Basic Fear:** To be vulnerable or controlled by others

#### **Sex Life:**

Enneagram Type Eight is the lusty lover, intense, big-hearted, earthy, and bold – someone who cuts to the chase. If Eights want someone, they go after them with passion and purpose. They

like sex to feel all-encompassing, intense, and passionate. With no fear of rejection and too much self-confidence and intensity, Eights can become an over-powering force in the bedroom. They like a challenge, and anything won too easily isn't highly valued by them. They enjoy the thrill of the chase in relationships, and the sense of achievement when they bed a conquest. Once they do find their ideal partner, they want to feel a mutual devotion of mind, body, and spirit in the relationship.

At healthy levels, Sexual Eights are heroic, self-reliant, forgiving, and protective. At unhealthy levels, Sexual Eights are possessive of others, jealous, and dominating or controlling.

Eights are so competitive and direct they get frustrated with people who are oversensitive and easily hurt. They don't shy away from conflict or confrontation, and people who seem overly 'nice' or congenial often make them suspicious and impatient. As a result, they can come across as harsh and over-rebellious.

They tend to dominate every environment, get what they want, and control and possess the things (and sometimes the people) around them. While they can be deeply loving and devoted, they also can struggle with intimacy; seeing it as a risk that could be exploited by others.

There's an animalistic intensity in Eight's lovemaking and they enjoy a partner who matches their intensity. If they don't, in time it can mean their partners can become frustrating doormats. They become sex bullies as a result. But there's a certain intensity that comes out when they are intimate with someone — perhaps because this is one instance in which they may feel capable of showing their hidden soft side — something they should nurture. They need to realize that power is nothing without true love, and that the truly strong are gentle.

## Type Nine

### The Emotional, Selfless Empathiser



**'The selfless caring lover, reassuring and easy going, who risks falling into a rut of complacency and mediocrity unless they can become more assertive in expressing their inner desires.'**

#### **Key Characteristics:**

- They merge inside relationships
- They can lack a sense of self
- May be so focused on meeting the needs of others that they lose track of their own needs
- Empathetic and emotionally aware
- Thinks in terms of "we" instead of "I"
- Can physically sense what others are going through

**Basic Desire:** To have inner peace and stability

**Basic Fear:** To have inner fragmentation or conflict

#### **Sex Life:**

Enneagram Type Nine is the sensual sweetheart. What makes Type Nines such ideal sexual partners is that they are incredibly reassuring and easy-going. But Nines can sometimes

be too nice, too accommodating, going along to get along. They go out of their way to strive to merge with another person that they admire, either through a romantic relationship or a friendship. But Nines can struggle to have a strong sense of self because they often live out their dreams and fantasies through another person instead of through their own life.

Because Nines are all about keeping the peace they avoid change and neglect their own needs in long-term relationships, often finding themselves falling into a rut simply because of complacency. They simply go with the flow set by the partner.

Healthy Nines have done the hard work of separating themselves from others enough to find their own true identity. They learn to stop erasing themselves and filling themselves in with another person's personality. Because of this, they are self-possessed while still having the empathetic, comforting, and peaceful presence that tends to come naturally to this type. Unhealthy Nines are so tied to another individual that they become co-dependent, self-abandoning, repressed, and not just neglectful of themselves, but get stuck and can end up in abusive or unhealthy relationships as a result.

Integrated healthy Nines connect with their own sexual desires and can express them. They nurture themselves and see their needs as being equal to a partner's. If they don't focus on their own needs, they may drift and find that mundane tasks take preference to getting sexual. The key for Nines is to learn that voicing their own desires in the bedroom can actually promote harmony, not disrupt it.

## Type One

### The Brave, Idealistic Perfectionist



**'The proficient lover who needs to see sex as a means of pleasure and expression of love, not merely a performance.'**

#### **Key Characteristics:**

- Focuses on perfecting others more than perfecting themselves
- Prone towards jealousy
- Is idealistic and passionate
- Isn't afraid of conflict
- Goes for what they want
- Often determined and brave
- Doesn't often question self
- Tends to be impatient
- Orderly and responsible

**Basic Desire:** To have integrity and to be good

**Basic Fear:** To be corrupt or evil

## **Sex Life:**

Sex can bring the best out in Personalities. Healthy Sexual Ones live with integrity and intense conviction. They are also highly ethical, generous, discerning, and pragmatic. They know how to temper their idealistic visions and ideals with compassion, practicality, and empathy. But Unhealthy Sexual Ones are controlling, invasive, jealous, pushy, and entitled.

Type One is a perfectionist to the core — and this may very well extend to their sex life. If they can learn to let go of some of their judgmental tendencies, they'll likely notice that their confidence begins to soar and they're finally able to see sex as a means of pleasure and expressing love, not merely a performance.

Idealistic and passionate their focus on perfecting their partner can make them pushy, invasive, and critical – but it can also make them inspiring for others. Type Ones often feel that they know the 'right' way to do things. They frequently believe that they are called to a higher moral standard than others.

Letting go of the need to judge and becoming all-embracing and impartial is the road to healing the divisions within Type One. They may also punish themselves in an unhealthy way in order to purge themselves of desires they might see as sinful.



***'HEART CENTRED – Emotion Based Types'***







## Type Two

### The Seductive, Generous Giver



**'The accomplished lover, who sees sex as another opportunity to nurture someone, and to bond on a physical, emotional and sometimes even spiritual level.'**

#### Key Characteristics:

- Seductive and charming
- Dominant and action-oriented
- Flattering
- Generous and supportive
- Seeks strong, intimate bonds
- People pleasing
- Needs to be desired

**Basic Desire:** To be loved for who they are.

**Basic Fear:** To be unloved or unwanted.

#### Sex Life:

Healthy Sexual Twos are deeply romantic without any ulterior motives. They are empathetic, supportive, protective, and inspirational. Unhealthy Sexual Twos are pushy and demanding, unable to take no for an answer. They are prone to jealousy, possessiveness, and obsessive behaviour.

Sexual Twos strive to forge intimate, passionate connections with others. Caring and empathetic Type Twos are among the more relationship-minded Enneagram types and find sex to be more fulfilling when they're with a committed partner than with a series of one-night stands. And thanks to their people-pleasing nature, they are willing to spend quality time on it and make sacrifices for it. They may have a tendency to neglect their own needs in the bedroom while being over-focused on their partner's.

As a heart type, Type Twos are incredibly sensitive to others' feelings. They see sex as another opportunity to nurture someone, and to bond on a physical, emotional and sometimes even spiritual level.

Through seduction and charm, they hope to win exclusive relationships with people. They are good at listening and discussing the problems and struggles of their friend or partner and enjoy intimate, confidential conversations. But underneath their generous, passionate exterior, the Sexual Two may be anxious about their desirability. Thus, they turn on the charm in order to find validation and love.

Integrated Twos learn to let go of the control that comes with giving and surrender to accepting love from a partner. Sex becomes about self-nurturing as well as nurturing a partner's needs. First step though is admitting to having needs, rather than pridefully believing they are above having them. Then sex can be truly about passionate giving and receiving with no hidden expectations.

## Type Three

### The Attractive, Enthusiastic, Desirable Lover



**'The energetic lover who sees sex as a goal to be achieved but needs to find someone special who helps them accept themselves for who they are'.**

#### **Key Characteristics:**

- Want to find the perfect lover/partner
- Want to be the perfect lover/partner
- Enthusiastically support others
- Use their talents and strengths to uplift their partner/friend
- Want to be desired/attractive to others
- Often insecure about themselves but won't show it

**Basic Desire:** To be successful and desired

**Basic Fear:** To be a failure or worthless, without achievement.

#### **Sex Life:**

Healthy Sexual Threes are inspiring, supportive, and authentic. They are able to find their own desires rather than constantly trying to be attractive and physically perfect. They are self-accepting, self-improving, and genuine. Unhealthy Sexual Threes have tendencies that appear narcissistic. They are vain,

vindictive, jealous, and go after sexual encounters in order to feel attractive rather than out of a genuine desire for connection. The Achiever needs to feel like they excel at everything they do and they crave recognition for that excellence. They tend to see sex as a goal to be achieved. Threes love to be adored and admired. They love to be acknowledged for their talents and unlimited potential and can see their sexual prowess as another way to gain accolades.

Threes who prioritize getting ahead professionally, may get their sexual release from casual flings rather than getting into anything serious. For some Threes, sex is also a means of relieving stress from their busy lives and intense jobs.

Threes can let their guard down more and be more authentic in all of their intimate acts when they find someone special who helps them accept themselves for who they are.

Threes can often be seen as supporters of others. Sexual Three sometimes aren't as focused on prestige or money as they are on personal appeal and magnetism. They may work out a lot at the gym as a way of appearing seductive or attractive.

## Type Four

### The Intense, Insecure Individualist



**'The creative lover and hopeless romantic with an incredible capacity for empathy and compassion, and genuine desire to please'.**

#### **Key Characteristics:**

- Highly competitive
- Believe that they have suffered so much that others should suffer as well
- Envious and jealous of others' successes
- Crave intense relationships
- Feel inferior but want to feel superior
- Externalize their pain through anger
- Are assertive (Self-Preservation or Social)
- Are individualistic and romantic
- Creative and imaginative

**Basic Desire:** To have a sense of identity and to be authentic to themselves

**Basic Fear:** To have no identity or significance

## **Sex Life:**

Fours are self-aware, passionate, but moody - hopeless romantics. Expressive and individualistic to the core, Fours like to be creative and unique when it comes to sex.

Healthy Sexual Fours have strengthened their ability to be with their inner suffering, rather than externalizing it or being offended. They realize that their sweet, tender feelings are just as significant as their competitive desires. They are creative, forgiving, revelatory, inspiring, and self-aware. They long for lovers who understand them and with whom they can be deeply, and authentically intimate. Unhealthy Fours are intensely envious, jealous, and hateful. They have no qualms sabotaging other's pursuits in order to get revenge for their own sense of shame. They are elitist and superior, being arrogant or offended by things far too easily.

While the Four is often overwhelmed by sadness, he or she can often become overwhelmed by anger. Fours long to be the object of desire of another individual. They can feel conflicting emotions towards their partner from envy, longing, admiration, to hatred. They are often drawn towards people who seem uninterested, accomplished, or 'out of their league' which leads to paranoia and resentment.

Fours tend to be impulsive and vocal about expressing what they want and need, externalizing their pain in order to ease their inner sense of envy or inferiority.



***'HEAD CENTRED – Intellect Based Types'***







## Type Five

### The Perceptive, Idealistic Fantasist



**'The overthinking and overanalysing lover, incredibly respectful, but better off in a committed relationship with one person with whom they can stop analysing and build up trust'.**

#### **Key Characteristics:**

- Focuses on finding the ideal relationship
- Places a high value on one-on-one connection
- Deeply imaginative
- Shares with full transparency when they think they've found a partnership
- Has a romantic, sensitive side
- Has a rich inner world of lush fantasies
- Often looks like a type Four
- Innovative and perceptive

**Basic Desire:** To be competent and knowledgeable

**Basic Fear:** To be incompetent and without resources

## **Sex Life:**

When healthy, Fives are loving, authentic, visionary, and perceptive. They have deep insights into others and are constantly learning and growing. Unhealthy Fives are self-destructive, isolated, impossible to please, and prone to dangerous or unhealthy sexual experimentation. They may be voyeuristic rather than pursuing real connection for themselves.

Type Five is the 'Sex Analyst and Lonely Lover'. As a Head type, Fives approach sex as something to be studied and mastered on an intellectual level. The overthinking and overanalyzing can be a problem when trying to get intimate and coupled with the fear that a relationship might demand sacrifice of too much time or resources. While relationships are desirable, they may create inner conflicts. As a result, once cracked, and having given up on mental utopias and visions of the ideal partnership probably via multiple experimental sexual encounters, Fives tend to feel more sexually fulfilled eventually in a committed relationship with one person with whom they can build up trust. They find unconditional love as a result, and they will stick with their partner as a consequence rather than as a plan.

Fives are perceptive, incredibly respectful, and can be intensely imaginative and passionate. While they appear self-assured on the outside as a result, they often worry that they lack the social skills to get close to others. Deep down, when they finally get emotionally intense and romantic, they finally feel accepted and understood, and can be talkative and open.

## Type Six

### The Loyal, Reliable Conformist



**'The overly-loyal, responsible lover, whose fear of change and abandonment tends to hold them back from being more adventurous even in a secure relationship'.**

#### **Key Characteristics:**

- Turns against fear and leans into strength
- Tends to be impulsive
- Strives to be physically strong and attractive
- When feeling fear, runs towards it, to fight it off
- Often intimidating in order to frighten away enemies
- Often contrarian
- May like to disrupt things or stir up trouble
- Can mistype as a type 8
- When healthy is extremely loyal and reliable

**Basic Desire:** To have security and guidance

**Basic Fear:** To be unsupported and without guidance

#### **Sex Life:**

Type 6 is the Loyal Lover, most likely to be faithful. They can be funny, engaging, committed, responsible, reliable and will always support their partners. But self-doubt can eat away at their self-esteem and have them wondering who can really be

trusted. So, sex becomes yet another problem to fret about. Sixes anxious nature makes them prone to a worst-case scenario line of thinking, constantly scanning for danger, and fearing abandonment.

At healthy levels, Sixes are courageous, valiant, protective, reliable, and self-reliant. At unhealthy levels, they are combative, dominating, depressive, and erratic. They may lash out impulsively at others and become violent or obsessed with watching their perceived enemies for any sign of attack.

Sixes sometimes face their underlying fears and doubts by becoming aggressive, risk-taking, and challenging. They believe it's them against the world and they'll hardly ever let their guard down for fear that others will manipulate or cheat them. Because they tend to be so suspicious of any treachery from others, they can seem like they're always about to explode. For Sixes, it's extremely important for sex to feel safe. Sex is part of their foundation for security. They may have experienced sexual abuse in the past, which has led to a new search for safety in sex.

Integrated Sixes realize how many of their fears are unfounded projections. They start to become their own inner authority, trusting a deep inner knowing rather than turning to others for insight or advice. As integrated sexual partners then they are fully present with what is happening in the bedroom, rather than shifting into their heads to consider all the potential negative possibilities.

## Type Seven

### The Promiscuous, Fantasizing Experimentalist



**'The never-a-dull-moment experimental lover, who's destined to a life of boredom unless the habit is fed'.**

#### **Key Characteristics:**

- Imaginative and idealistic
- Constantly looking for something new and extraordinary
- Enjoys fantasizing, often more than reality
- Sees life through rose-coloured glasses much of the time
- Wants to try everything. Can be indecisive.
- Trusting and hopeful
- Often jumps from one activity to another

**Basic Desire:** To have freedom and happiness

**Basic Fear:** To be trapped in pain, or to miss out

#### **Sex Life:**

Enneagram Type Seven is the spontaneous suitor and sexual explorer. Life is a wild party to be enjoyed, and sexually it's a stimulating world of possibilities founded on novelty and spice. Sevens believe variety is the spice of life, which may mean

playing the field, or, if in a committed relationship, constantly trying something new.

Sex is Type Seven's playground all about novelty and moving out of their comfort zone. Naturally curious about sex, and with a yearning to learn more, they are prone to experimentation. They don't take sex too seriously, and you can laugh about it, but enjoyment is the goal.

While Sevens have a propensity for outrageous behaviour, levels depend on personal circumstances. Because they live in a world of fantasy, they can be restless and impulsive, embellishing everyday life to make it seem more intoxicating. They also tend to idealize themselves, the world around them, and especially their relationships.

At healthy levels, Sevens have learned to be content even with everyday life. They are truly joyful, enthusiastic, imaginative, hopeful, and productive. At unhealthy levels, they are fickle, fearful of any commitment, reckless, neglectful of responsibilities, and prone to falling for crazy schemes.

But Sevens at their core are imaginative and idealistic, always envisioning possibilities that could be on the horizon. While they are true dreamers at heart, they strive to be optimistic, rather than unrealistic in what life hurls at them. Their Achilles heel is that, when trying to be responsible and realistic, they can easily feel trapped and overwhelmed by life feeling mundane or repetitive. As a result, they get bored and drift back into their bad old ways.

Sevens are likely readers of 'Fifty Shades of Grey' and for them the thrill to having sex can be the feeling of forbidden or taboo behaviour. Seeking new sexual highs to detract from the boredom of daily life doesn't necessarily mean to say Sevens are serially unfaithful. But they do seek enjoyment in the moment.

## Sex and Your Destiny



This Book has explored openly and frankly our relationship with sex and love and sought to inform on our Sexuality. Personality type and a person's natural instinctual triad of intelligence and energy have their importance but when integrated, sex involves all three triads (the head, heart and body), and can bring out the best in each of the nine healthy personality types. Sex is not a technique to be mastered with study, but a deep awareness of being connected with another.

Sensory, uncensored sex, where one can share feelings with a trusted partner involves bringing the fire of a person's sexual energy, passion, and bodily desires into alignment with their heart, head, spirit, and sense of goodness in life. When all these forces come into balance and harmony, sex becomes something healing, empowering, transcendent, and profoundly beautiful.

Love and sex are among the most meaningful and ethically significant phenomena in our lives – and the decisions we make in their regard define our 'Sexual Destiny'. For many of us, our longing for genuine love and satisfying sex are so great that they equal or surpass our desires to become educated, find meaningful work, procure wealth, or find spiritual fulfilment. Love and sex are the fundamental constituents of a good and happy life, but paradoxically also among the greatest causes of human wrongdoing and suffering. Love and sex can cause us at least as much suffering as joy, and at least as much regret as satisfaction.

Love and sex tend to bring out the best in our personalities, but when things go wrong also the worst in people. Because sex is a matter for individuals and their personal lives – open discussion, outside court cases of sexual abuse, remains ostensibly private. Sexual difficulties do occur among women and men and are associated with various mental and physical health problems. In public life, shared beliefs about sexual appropriateness often unite a diverse population, while differing beliefs about love and sex inspire some of the most hateful rhetoric.

Though popular cultural references to love and sex abound, most of us spend surprisingly little time reflecting on what they mean to us and what role we want them to play in our lives. Serious reflection on love and sex can yield valuable insights, and this book has not sought to hold back in relating frank accounts of personal matters and intimacies; and the political, ethical, and philosophical significance of these incredibly important phenomena.

## **Sexuality and the Bottom Line**

Sex often takes priority at times in our lives. In a bizarre way, it often overrules all else we do, or aspire to do. In so doing, it becomes the 'Guiding Star' - the source of passion and fulfilment in pursuit of Personal Destiny. It personifies 'Beauty', or at least for a while.

With whom we choose to have sex, fall in love with, with whom we choose to live as a result, spend the rest of our lives with, and have children with – ultimately define us. Personal decisions made about love and sex, and the actions, reactions and consequences of our choices have overwhelming impact and influence in our lives. The choices literally become the crossroads in the journey of personal destiny and taking one turn usually rules out subsequently taking another. If we don't make the



right decisions it can lead to a life of disenchantment, resolution, sadness and mediocrity. So, the decisions are critically important, and given that they come relatively early in life, there is no magic formula for getting them right. Love and sex can bring the best out in our personalities, but they can also reflect the worst in us when relationships, and family unity, falter as a result of bad choices or behaviour.

Therefore, there is 'No Quick Thrill', and 'No Quick Fix' on offer that fits our Long-Term Needs. Neither is there is 'An Easy Long-Term Conclusion' to immediate Personal Problems, they are too complex and too personal. Self-Analysis and Self-Discovery does help. But the Process of Analysis is complex and requires open minded reflection, honesty, and commitment. This Book and a previous publication (*'Your Real Destiny'*) attempt to tackle the complexity and provide some of the answers. Knowing oneself is the beginning of all wisdom. Personality and Character are inextricably linked to ultimate 'Success and Personal Destiny' – and making the *right* choices in love and sex and life lead the way.

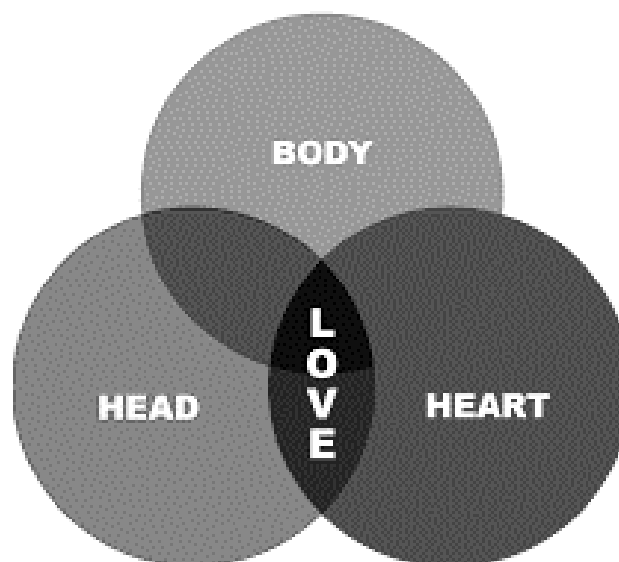
Genuine love and satisfying sex are important ingredients on the road to any person's destiny. Finding the right partner(s) and maintaining a successful sexual relationship have proven to work best for most who seek a long-term commitment. Obviously, it is important that the individual is not deceiving him/herself about any prevailing cruel or irreconcilable circumstances, or unacceptable indiscretions on either side, but where long term relationships work, they provide the 'rock' and platform for helping individuals pursue other life plans and priorities - a higher education, finding meaningful work and building a successful career, starting a family, starting a business, creating wealth and finding spiritual fulfilment. A 'Successful Long-term Relationship' can in itself represent, or lead to, pursuit of a person's 'Primary Purpose' in Life. Remember - Behind every

successful man is usually an incredible woman - and behind every successful woman is herself.

When things do go wrong the wheels can and nearly always fall off. That is why choices in love and sex remain the most important in life, and solving problems, when they occur, perhaps the second most important. But finding a way to solve a problem can become the insurmountable problem itself. The bottom line is that there is still too much stigma associated with talking openly about relationships, sex and sexual experience. It can help release shame, trauma, and subconscious blocks around sex. Everyone should seek to overcome these obstacles and unleash the transformative power of their erotic energy.

The Secret is - 'Find A Lover, and/or a Life Love and Love Her/Him for Life'. If you can do that you are two thirds of the way to achieving sustainable happiness and an inner purpose. In any event, there is the right time in everyone's life to seek a meaningful long-term relationship. And finally, if there is a problem with your sex life, there is a problem in your relationship. Don't ignore the signs.

## **Sexuality and Spirituality**



Sex in a meaningful long-term relationship should be spiritual and enjoying sex in its fullness can help a person connect to a 'Higher Purpose'. Sex should be a 'Transcendent Experience' in itself. Sex is more than what's happening in the body, and to the body, by instinct. Discovering a transcendent experience, where the 'Body-Heart-Head Centres' meet, does not demand any particular religious belief, or allegiance to an Eastern philosophy, but it does require a unique humanistic quality – the ability to love. It's about seeking a way of being in sexual connection, and almost in a trance of pleasure and giving, allowing access to deeper levels of feeling, sensation, energy, and ultimately being who you are at your very best.

The Sexuality of Things is all about - 'Honesty, Kindness, Humour and Confidence' – and embracing them mind, body and soul.



## Recommended Reading



Greg Malpass' three previous Books- '*Out of Darkness Cometh Light*', '*Your Real Destiny*' and '*The Life of an Author*' are a trilogy of the same body theme: "How to help the individual take his or her life's reality and, through a process of self-discovery, explore new meaning and find Personal Destiny."

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**'Out of Darkness Cometh Light'** maps the 'Route to Self-Awareness' by analysing the 'Global Problem of Power, Politics and Addictions'; and applying the concepts and analysis to help the reader in 'Self-Discovery of Personality, Values and Destiny'. The conclusion provides a 'New Life Blueprint for finding Personal Purpose, Destiny and Happiness'; as well as promoting Societal Changes in the World.

**'Your Real Destiny'** is a unique and bespoke 'Self-Discovery Manual' for the individual providing a stage-by-stage program of analytical tools to assess Personality Traits, Character based Values, Skills Set/Needs and Desires, and culminates with a Personal Blueprint for 'Identification of New Purpose and a Personal Destiny/ Inner-Calling'.

**'Destiny of an Author'** is a short autobiographical factual account of the Author's 'Personal and Professional Life Journey'. It provides a 'Real Life Case Study' of the Application of the sister books' philosophies and processes in the generation of a 'New Life Blueprint' – leading to the search for 'Real Destiny'.

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# Out of Darkness Cometh Light



Greg Malpass

This Book will help you 'Reflect on Life, Discover Real Purpose and Become your true Destiny'. Profound betterment at the personal level requires radical soul-searching and employment of the book's unique blueprint for personality analysis and self-discovery.

'Inward-thinking' philosophies for individuals and 'outward-looking' ideas for both individuals and societies are explored for transformational change in a New World Order free from War and the Global 2020-22 COVID 19 Pandemic.

The Author bares his soul, writing in anecdotes, drawing on his personal experience of global business, political and business corruption, personal dysfunction, promiscuous sex, addictions, and the personal ego.

But his stories of both the positive and negative traits of human nature and behaviour seem to help answer so many of life's Big Questions about our world, our origins, who we've become, and where we should be going as individuals and a global society.



UK: £19.95 EUROPE: €24.95 USA: \$ 29.95



**'THE PROBLEM'**  
POWER, POLITICS & CORRUPTION



**'THE EGO'**  
LUST, GREED & ADDICTION

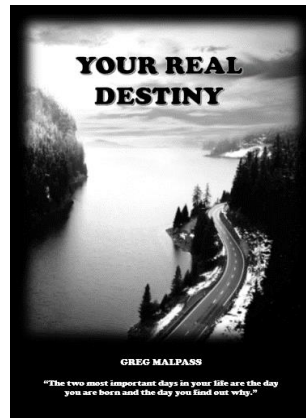


**'THE SECRET'**  
SELF-DISCOVERY & INNER-CALLING



**'THE BLUEPRINT'**  
KNOWLEDGE, PASSION & PURPOSE

# Your Real Destiny



*"The two most important days in your life are the day you are born and the day you find out why."*



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# Destiny of an Author



Author of

**"OUT OF DARKNESS COMETH LIGHT"**

And

**"YOUR REAL DESTINY"**

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**Greg Malpass** - has a BSc in Civil Engineering from the City University London and studied for an MBA at London Business School and New York University. His career spanned 40 years as an International Businessman, working with Multi-National Groups in Infrastructure Sectors and the UK Government's Department for International Trade. In 2020, during the Global COVID 19 Pandemic, he launched his new career as a Writer and Speaker on Personal Development. This is his life story about how he got there.

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**"It is not in the stars to hold our destiny, but in ourselves."**

**- William Shakespeare**

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'[www.DestinyGram.com](http://www.DestinyGram.com)' is an On-Line interactive Website adaptation of the book 'Your Real Destiny' analysis. The stage-by-stage program of analytical tools - required to assess Personality Traits, Character based Values, Skills Set, Needs and Desires - are formulated in a series of on-line questionnaires which culminates with a bespoke Personal Blueprint for discovering 'Real Destiny'. The On-Line Version provides the Reader's own Output 'Real Destiny' via a selection of Chosen Destinies, derived from utilizing all the Input and Output data, external databases linked to Personality Types and Careers and Relationships, and Algorithms linked to the individual's Facebook, Twitter and LinkedIn Profiles, where provided.





**Greg Malpass** - Greg has a BSc in Civil Engineering from the City University London and studied for an MBA at London Business School and New York University. His career spanned 40 years as an International Businessman, working with Multi-National Groups in Infrastructure Sectors and the UK Government's Department for International Trade. In 2017, he left the UK and took out Spanish Residency. During the Global COVID 19 Pandemic in 2021, he launched his new career as a Writer and Speaker on Personal Development.

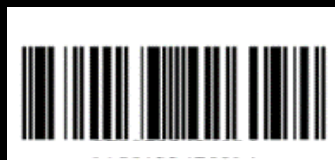
## **Sex and Your Destiny**

**Everything People Won't Talk About**



*"Gravitation is not responsible for people falling in love."*

*- Albert Einstein*



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