

The background of the entire page is a black and white photograph of a dense cityscape with numerous skyscrapers. A dark blue rectangular overlay covers the middle portion of the page, containing the main text.

PROPOSAL EXECUTIVE SUMMARY

THINK BIG DESTINY BOOKS SAMPLE SECTIONS

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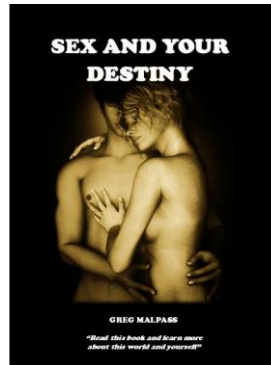
Sample Sections of 'Think Big Destiny Books'



Five Books

- *Book I - 'Out of Darkness Cometh Light'*
 - *Book II - 'Your Real Destiny'*
 - *Book III- 'The Road to Your Destiny' (Handbook to Destiny-Gram Website)*
 - *Book IV - 'Destiny of An Author'*
 - *Book V - 'Sex and Your Destiny'*
-

BOOK V - Sex and Your Destiny



Sex and Your Destiny
Everything People Won't Talk About

*"Invitation is not responsible for people falling in love."
- Albert Einstein*



UK: £14.95 EUROPE: €17.95 USA: \$ 17.95



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, career, wealth generation or arguably the search for our 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.

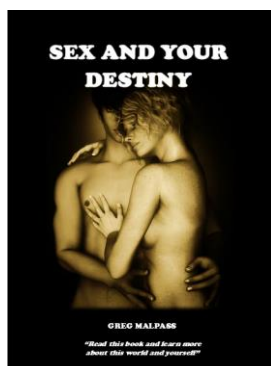
Though private lives remain private, popular cultural, media and social networking references to 'love and sex' abound. Few of us spend time to consider what enduring effect our views and the decisions we make around love and sex have on our lives. In reality it's our personalities which play the leading 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.



PRE-LAUNCH
INFORMATION

Sample Sections of 'Think Big Destiny Books'

'Sex and Your Destiny'



About

- General Genre- Self-Help.
- Content- Self-Help, Sex & Relationships, Psychology, Spirituality.
- Print Length- 170 Pages (un-edited)

'Sex and Your Destiny' is a book written to explore openly and frankly our relationship with sex and love and inform on the nature of our 'Sexuality'. The analysis includes research into the role and importance played by 'Personality' – specifically personality types and the three natural instinctual triads of intelligence and energy. Critics may say the whole topic is a 'no-go area' - To them, no comment.

Cover Description

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.

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Extract from Introduction

“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 by being negative. 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.

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.

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’ 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.

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.

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.

Extracts from Chapters Body Text

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, kind communication or excellence? 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.

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."

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 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."

Part Three – The Head

“Whether Einstein or Freud were right in 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.

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.

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.

Part Three – 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.

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.

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.

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.

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

Greg Malpass

Malaga, Spain – August 2022

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