

## Legendary Love. Module 5. Lesson 32. Sensuality and Sexuality.

### Sensuality and Sexuality.

In the last lesson, you had a crash course in hormones that affect sexual drive.

This lesson will be fun. You'll have an introduction into what turns people on. This will give you some ideas of what to do to initiate having sex as well as fun things to do during sex. We'll continue that in the next chapter as we discuss fun sex games.

#### What's the Difference?

Succinctly, sensuality is about the senses: the way cloth feels on your body, aromas, touching, beautiful scenery, and the sounds you hear. Some sensory information you don't like, such as the smell of rotting garbage. Others you enjoy. A beautiful sunset can transport you to a feeling that seems beyond yourself.

Sexuality is about sex, gender preference, what you do and what turns you on sexually. Sensuality is definitely involved but **not all sensuality is sexual**. Gazing at a beautiful lake may take you to a place of awe and wonder without having anything to do with sex.

#### Before the Fun Stuff.

Remember that nature wants to ensure that babies are produced. Nature not only wants babies, but she also wants healthy babies. She's done several things to ensure that happens. Billy Crystal, the comedian, sums up the differences succinctly. "Women need a reason for sex. Men just need a place."

#### Consider these ideas:

1. **Women have a slower sexual response.** This ensures that she has sex with the right person. If nature was talking, she'd say, "Be sure that man makes good babies and can take care of them."
2. **Women's sense of smell is more sensitive than men's.** Men have to smell right to the woman. Research has shown that the right smell triggers something in the woman that says, "This guy's for me."
3. **Men's visual cortex in the brain is about the same size as the area for sex in the brain.** How their partner looks is important to them because

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their brain is turned on by visual cues.

4. **Men have a quick sexual response.** Just imagine nature saying, “When she’s ready, you need to be ready.”
5. **Same gender partners.** If your partner is the same gender as you, your brain works the same even if you’re not making babies.

### The Most Sensual and Sexual Areas of the Body

**The key is to come to know your partner.** What turns them on? Let’s look at what researchers in this area have discovered and what people like you and me have said.

#### Know the erogenous zones:

1. **What are erogenous zones?** These are the areas of the body which are most sensitive to touch.
2. **Male erogenous zones center around the groin and genitals.**
  - Discover how he likes to be touched.
  - What other parts of his body does he enjoy being touched?
3. **A woman’s erogenous zones are pretty much her whole body.** Yes, the genital areas are highly sensitive, but don’t start there.
  - Foreplay is important for most women most of the time due to their slower sexual response.
  - Stroking her body, running your hands through her hair, and gentle kissing can be intensely arousing for a woman. This gives her partner the opportunity to be loving and giving which are real turn-ons for most women.

#### What People Find Sexy

Try these out and see which ideas work for you and your partner.

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### What turns on women:

1. **Compliments and appreciation of her body.** Most women have a terrible body image. Advertisers and society say women should look a particular way and few women do. Affirm how great she looks.
2. **Watching their partner cook and then serve the food.**
3. **Watching him be gentle and tender with a child or animal.** Watching his nurturing side can melt a woman's heart.
4. **Holding hands and casual touching.** Although the touching described is not intended to be sexual, for a woman it can lead there.
5. **Help with the chores or taking care of the kids.** You let her know she's important and that you respect her.
6. **Good personality.** Includes a sense of humor and respect for others.

### What turns men on:

1. **Being appreciated and praised for what they do.** When men feel appreciated, they often react by trying harder.
2. **Allowing them to protect you.** This need goes back to Nature's desire for those babies being protected. Guys want to protect you, also.
3. **Flirting.** This provides a sense of playfulness and lets him know you're interested.
4. **A few seconds of intense eye contact.** Make it fun. You can do this even from the other side of the room.
5. **The casual touch.** Whether male or female, this is a big one.
6. **Good personality.** Who doesn't enjoy a fascinating person who is lots of fun?

There are numerous lists on the Internet and in books which can give you tips of things that turn men and women on. There are some differences in whether the

