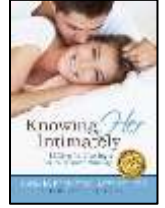


Knowing HER Intimately - 12 Essential Ingredients of Female Sexual Wholeness

From the book -- [Knowing HER Intimately: 12 Keys for Creating a Sextraordinary Marriage](#)

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These 12 "T's" provide a recipe of key ingredients to understand female sexual wiring and for women especially, to embrace their sexuality and wholeness - necessary for a "sextraordinary" marriage. Rate yourself in each of these areas to see where you might want to focus your efforts.

- 1. Transformed Sexual Identity.** A woman must transform her identity by embracing the idea that she is a sexual being. She must intentionally *own* her sexuality and see it as a good and important part not only of her marriage, but also of her own wholeness and aliveness. She must consciously commit to embracing, awakening, nurturing, developing, tuning into and enjoying her sexuality—taking responsibility for her sexual desire and fulfillment.
- 2. Thoughts / Beliefs.** Since sex starts in the mind, women need to overcome any inhibiting thoughts and negative core beliefs. They need to program their minds with positive, affirming thoughts and beliefs about sex, their sexuality, and their bodies. Sexy is a state of mind. Not only that, women need to program their minds about their husband, his body, and their marital and sexual relationship. Because women's minds function like a multi-tasking World Wide Web, developing the mental discipline to be able to focus one's thoughts and keep out inhibiting mental distractions during lovemaking is also needed.
- 3. Tenderness / Thoughtfulness / Trust.** This ingredient, along with thoughtfulness, trust, respect, etc., represents the foundation of a secure emotional connection upon which a sextraordinary marital relationship is built. This dimension is the "emotional foreplay" or emotional context that fuels female sexual desire.
- 4. Time.** With so many things on a woman's plate, it's vital that she give priority time and attention to lovemaking, sexual learning, and preparation, and that couples take enough time during sex for sufficient sexual stimulation, and arousal for mutually fulfilling lovemaking.
- 5. Transition.** Because women are often consumed and easily distracted by the many things on their minds and are generally a few steps away from a state of sexual desire, they must develop a transition process to help them focus their mind, and warm up to intimacy - to get them from 0 (or wherever they are starting from) to 60 mentally, emotionally and sexually.
- 6. Talk.** Talk is the primary means by which emotional connection is created and personal sexual preferences are discussed. Couples need to be able to talk about their sexual relationship. This is necessary in order for couples to be able to "tune in" to each other well both outside and inside the bedroom to help women close their mental windows, so that they can focus on lovemaking. Talk is also a powerful part of the arousal process (inside the bedroom) through sensual communication within the context of lovemaking.
- 7. Touch.** Non-sexual touch or affection (with no strings attached) is needed, particularly outside of bedroom activities. Within lovemaking, more foreplay is needed to help her arousal. A significant degree of sexual and specifically clitoral stimulation is needed, in order for her to climax and feel sexually fulfilled.
- 8. Technique / Education.** Couples must be educated on sexual wiring differences between husband and wife and know the specific inhibitors and intricacies of the female sexual response, in order to work well within those realities. Each spouse must also be willing to identify and share their specific sexual preferences and desires, which can't be learned from a book.
- 9. Tuned In.** Couples need to tune in well to themselves and to their spouse. The ability to read and respond effectively to each other's nonverbal cues and body language is critical. This is true both within the emotional context of the relationship (*outside the bedroom*), and for creating a passionate sexual experience *inside the bedroom*. This ingredient encompasses the concept of "knowing" our spouse as used in the title of the book.
- 10. Teasing / Playfulness.** Flirty playfulness adds the spark that's often missing from long-term relationships. Understanding the benefits of fun and flirty playfulness, as well as some how-to's, can take your relationship to a whole new level of intimate enjoyment. Being playful in your marriage is a key overall indicator of the health and strength of the relationship.
- 11. Treats.** While the element of teasing and playfulness improves the tone of the overall relationship, adding "Treats" into the mix increases the novelty, creativity and adventure in the marriage. This is necessary for long-term marriages to thrive by keeping things fresh, new, and exciting.
- 12. Transcendence / Surrender.** The sexual climax is an involuntary response requiring a state of *relaxed* transcendence. It isn't something a woman can will herself to do, nor something a husband can fully do for his wife without her willing and active participation. Sexual surrender is something she must be *willing and able* to relax into, and let herself experience, in order to fully enjoy the ecstasy and spirituality of sexual intimacy and oneness.