



# 28 Days of Eros

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## *About this E-Book*

Dear Reader,

Thank you for purchasing 28 Days of Eros.

The idea of this e-book came back as I developed daily lessons as part of my online project celebrating love, romance and eros in the month of February called *Febulove*. I see my life purpose as one to inspire and educate people to develop positive attitudes and beliefs about themselves and their sexuality. I hope that you get several delightful 'a-ha' moments going through this e-book.

If you like it, drop us an email to give us your feedback!



Warmest regards,

*Martha*

Clinical Sexologist

Welcome to the first Eros Tip of the Day. As a subscriber to Febulove, you will receive one tip every day for the month of February. Enjoy!

## *Day 1: Set Your Sexual Goals*

*“Obstacles are those frightful things you see when you take your eyes off the goal.”*

– [Henry Ford](#)

Did you set any sexual goals for 2011?

Why not?

We set New Year resolutions, career goals, and the like—all the time. Is sex not important to you? The first step of having a better sex life has to be thinking about (and discussing with your partner) what kind of a sex life you want.

Don't wait. The moment is now. It's as simple as taking out a piece of paper and pen, and jotting down, in some short sentences, your honest answers to the following:

1. What do I want for myself in 2011?
  - Professionally?
  - Personally – Physically, Emotionally, Sexually, Spiritually?
2. Now quantify it – how much, how many, how often, what percentage?
3. In what time period?
4. How can you accomplish what you would like to do?
5. What else can you think of?
6. How would your goal change if money was not an issue?
7. What would you do differently if time was not an issue?
8. Of the options listed, what is the one thing you can start doing most immediately?
9. How much do you think you want this thing?
10. Are you going to do it?

Begin visualising what you want for yourself sexually for 2011. You deserve to have the best quality of life possible. The first step is clarifying what it is YOU want!

## Day 2: Listen to your Emotions

*“Cherish your emotions and never undervalue them.” – Robert Hendi*

If you accidentally touched a hot stove, the nerves in your skin would shoot a message of pain to your brain. The brain then sends a message back telling the muscles in your hand to pull away. If we listen to the signals our body sends us, why do we not listen to what our heart tells us?

Our emotions are the result of our mind's interpretation between our bodies and its sense perceptions of the outside world. They are developed, refined and perfected through time.

‘Emotion’ is not the same as ‘emotional’. Feelings need not be labelled as ‘good’ or ‘bad’. They just are. We underestimate problems by overlooking negative emotions. Negative feelings warn and help us in particular situations. In denying our feelings and rationalising our problems with our mind, we miss out on real solutions and holistic healing. We stand to also lose the renewal that positive emotions can encourage. Feelings are often more honest than our minds in telling us “where we are at.” It comes from your core – from your gut.

Open up your heart and become aware of your emotional needs. This is the first step towards self-love. When we become better at identifying and expressing our emotional feelings, we become more socially adept in establishing and building relationships and the better we feel and the better our relationships will be.

For more, [click here!](#)

1. How are you feeling about the sexual goals you set yesterday? Be honest.
2. How do you feel about the current state of your relationship? Your work? Your life?
3. What can you do about these areas so as to start feeling better? You always have choices – including doing nothing about it.

## Day 3: Ask for what You want

*“Desire, ask, believe, receive.” - Stella Terrill Mann*

If you don't ask for what you want, you will most certainly not get it. But the first thing is to know what it is you want. And how will you know what it is you want or like if you have never tried it?

First, acknowledge that talking honestly about sex is one of the most difficult things to achieve in a relationship, because of the desire not to hurt, impose upon, or (gasp!) inconvenience your partner. Figure out what you already like sexually, then think about what you would like to try and broach the subject. Without honesty, patience, and the ability to be vulnerable, it is not possible to let your loved one know what you like in bed. Also, because your desires and preferences may change over time, sexual communication must be an ever-evolving process.

Do not presume that you know what your lover likes. Begin experimenting with when and how you ask those questions and what works best. Explain why you are asking these questions – because you care and want to better please your beloved. When you make the effort, your darling is likely to reciprocate by paying more attention to your desires.

Decide with your partner on a time and place to do this exercise.

Write down three things you would like to change in order to improve things sexually *for yourself*. Then write down three things you think your sweetheart could change to improve sex *for you*.

2. After you and your partner have written your lists down in your journals individually, read your lists aloud to each other. Discuss the new things you have learned about yourself and your partner. Each of you should decide on one thing you are going to change.

## Day 4: Getting Feedback after Sex

*"Know how to ask. There is nothing more difficult for some people, or for others, easier."* – [Baltasar Gracian](#)

Sex is not a one-way experience and it can feel very isolating when the other person fails to communicate, including when it comes to any problems that might be occurring. Here are some ways in which we can get feedback from our partner after a sexual experience:

- **Open-Ended Questions**

Examples: *"How was it just now?"* You may follow up with: *"What was good about it?"*; *"Would anything make it better?"*

- **Closed-Ended Questions**

This is not an interrogation. What you want to do is begin to open more dialogue about sex. Examples: *"Did you notice when I.....?"* (Yes or No) or *"Did you like it when I tried this?"*

- **Scale of 1 to 10**

You could use the scale to get a sense from his sexual pleasure to fatigue. For instance, you might ask *"On a scale of one to ten, ten being the highest, what do you think of this (technique/position/etc.)?"* You might follow up with *"Oh, I am just curious, what makes this an eight, and that a six?"*

- **Code Words**

Introduce code words that convey a predetermined meaning. For instance, 'Green' can mean 'Yes', 'Yellow' could represent 'Slow down'; whilst 'Red' is for 'No go'. They can state your level of readiness for penetrative sex or indicate a state of distress, such as if an anxiety or panic attack is about to happen.

Remember, the more you communicate, the more you learn and understand about what makes your lover tick. Consequently, this increases your chances of having many wonderful sexual experiences. Good luck.

1. Read the articles – [Part 1 is here](#) and [Part 2 is here](#).
2. Practice some of the above communication techniques with a trusted friend.
3. Now you are ready to begin getting feedback after sex!

## Day 5: Reach Out

***“Sexual well-being can be enhanced by learning how to savour touching your partner, by knowing the pleasure places on your partner’s body, by learning to enjoy giving and receiving erotic massage, and by allowing touch to become intimate communication.” – [Joseph Kramer](#)***

Some people like to touch others, and some do not. Some like being touched, yet others might not. Are you a toucher or non-toucher? Do you realise that the way your parents held you as a newborn – from the pressures, caresses, cuddles – influence the way you have developed? And the touch you received as a child through play, punishment, and bathing directly relates to your responsiveness as an adult?

Your body remembers. Touch has great health and healing benefits. It can lower stress levels, lessen anxiety, and help a myriad of other physical disorders. If you desire more touch into your relationship, acknowledge that you feel less connected and want a way to spend more time touching your partner, and helping them feel loved.

Touching stimulates the continued growth of your loving relationships. It is the conduit between two individuals that allows them to connect as one. So reach out and touch your lover today.

For more, [click here](#).

You can:

1. Hug and kiss each other before you leave for work, or when you return home.
2. Give affection to each other during quiet moments of the day.
3. Hold hands while walking down the street, watching a movie, or between courses at a restaurant.
4. Shower or bathe together.
5. Ask for a massage and give one in return.
6. Subtly keep your hand on your lover’s leg, or on the small of their back, to maintain a physical connection.



## Day 6: Be Open

*"Your true destiny unfolds freely when you live every moment open and shine as an offering of love." – [David Deida](#)*

We have talked about setting your sexual goals for 2011. We discussed the importance of listening to your emotions, asking for what you want in bed, and soliciting feedback after sex. Are you ready to be open to sexual possibilities – all of them?

To illustrate openness, I like to use this example. I often hear about adverse reactions to the male ejaculatory fluid, also known as semen. I ask follow-up questions to better understand the aversion: "What is it about 'cum' that you don't like?" "Is it the taste, smell, or look?"

Sometimes I find a discrepancy. There might be an assumption that because the semen looks 'disgusting' to the person concerned, it will smell or taste bad. Or the fluid smells bad and so the taste should be equally horrible.

I might then use the analogy of a durian. The smarter ones understand the analogy immediately when I say: "Think of the durian". Most times I elaborate, "Some people like the smell, but don't like the taste. Others like the smell, but not the taste. So if you haven't tried, how do you know you really don't like it?"

A moment of 'A-ha' comes over their faces. Granted, they might find the smell and taste appalling, but at the very least they would know it for themselves should they try it. Through repeated exposure, the perceived 'offence' might be reduced and result in greater comfort with sexual expression. Remember: the opposite of love is fear. Are you letting your fear of the unknown stop you from being truly open sexually?

For more, [click here](#).

1. What is your 'durian'? This is the one thing you have been asked to do sexually but have never performed.
2. If this one thing does not hurt you, would you do it? Why?
3. What does it mean to your beloved? You never know if you don't ask.
4. Discuss your reservations with a trusted person.

## Day 7: Keep Learning

*“When people tell me they’ve learned from experience, I tell them the trick is to learn from other people’s experience.” – [Warren Buffett](#)*

Sex is a learned act. That’s right: l-e-a-r-n-e-d. I received flak for it when my article on this subject was first published. What my detractors fail to understand is that our desire for sex is natural, but the act of sex itself is learned.

Think about it. If sex was supposed to be natural, easy, and effortless between two persons in love, how would it explain the couples who seek my support, unsure of how to consummate their marriage? Are they any less in love? If the sexual act was so natural, why do people still have fears, anxieties, concerns and questions about sex?

Like much of everything we know, we acquire the knowledge, practice through trial and error, and perfect it so that it becomes a skill which we ‘own’. Hence, the phrase ‘sexual skill’. Sex is a skill. Sex involves sexual techniques. One can certainly buy sexual educational books in shrink-wrap plastic from Borders. Or attend one of my four sexual technique workshops.

For more, [click here](#).

1. Register with a girl friend for my most popular workshop [‘Different Strokes’](#) – a penile massage workshop.
2. Own your sexuality and educate yourself by buying or borrowing a book on sex.

## Day 8: Schedule Sex

*“If you just wait for the moment to strike, you’re going to have some dry spells. But even if you don’t start out in the mood, once you get it going, everyone’s on board.”*

– [Cindy Crawford](#)

We make reservations for all manner of things from our dining, accommodation, to entertainment needs. Why not sex? Scheduling sex does not necessarily take the fun out of the experience. Bring to the table (or bed, in this case) what you wish to get out of the encounter.

Stymied by a lack of time and energy (especially so if you have kids) has caused sex from being erratic to the point of non-existent. You want to keep an intimate connection, yet life gets in the way. Scheduling sex will better prepare both of you mentally, physically and emotionally for a blast. Having a healthy and positive sex life takes effort, and scheduling sex is a part of it.

Obviously putting it on the calendar is not enough. Prepare yourselves. Here are some specific tips to do that:

### **Do**

- Discuss what makes a good sex date
- Take turns planning the date and making it happen the way you like it to

### **Don'ts**

- Don't spend a lot of money on the date. The quality of the date is not necessarily determined by the amount of money spent.
- Do not wait for the “mood” to come over you. Decide to be open to possibilities.

## Day 9: Have Sex Blindfolded

*"Love looks not with the eyes, but with the mind,  
And therefore is winged Cupid painted blind."* – [William Shakespeare](#), "A Midsummer Night's Dream", 1595

Do you find it difficult to take charge during sex? Sexual confidence is one of the biggest turn-ons. To lose your inhibitions during sex, one idea is to ask your lover if you can use a blindfold.

Since your partner cannot see you, it will help you feel much less inhibited and more confident, which allows you to engage in sexual activities you wouldn't otherwise. For instance, you could try a genital massage, new sexual position or sex toy. Just use plenty of lube for a smoother and sexier experience.

Remember, a blindfold is not just a great way to heighten sensation and increase psychological vulnerability, it also adds an element of surprise. All these allow your sweetheart to feel everything *more*. Lead your darling to the bed or other locale. Then proceed to ravish your beloved. Run your fingers over each other's hands, legs, thighs, genitals, lips, and whatever other parts arouse. You can even imagine that you are making love to someone else, if for one night.

1. Create your blindfold from scarves, ties or handkerchiefs you can get hold of.
2. Spice things up by feeding your lover delectable items.
3. Combine some light bondage by tying your beau's wrists to some part of your headboard or tie them together over your head or behind your back.

## Day 10: Lingerin~~g~~ Looks

*"If love is blind, why is lingerie so popular?" – Unknown*

[A new poll](#) released in December by ShopSmart magazine in the US has found that one in four women has their mood affected by wearing an ugly or ill-fitting pair of underwear. Do you think your mood is affected by your underwear? Do you have lingerie you put on only for sex? Does the colour play a role?

[Almost two-thirds](#) (65 percent) of all women stick to neutral colours, with white (29 per cent) the most popular, followed by black (21 percent) and beige (15 percent). Green came in dead last (1 percent). One in 10 women admits they will venture out of the house without underwear on at all.

If there is one thing I have always made sure of, through the good and bad times, is that I have underwear that is clean and I am comfortable in.

1. Do you own lingerie that gets you into a sexual mood?
2. Purchase some stockings with suspenders if you have none, and watch his reaction when you approach the bed.
3. If you have never ventured out of the house without underwear, you really should experience it at least once! Watch his face when you lean over and slip this fact to him over dinner.
4. Throw out underwear you would be embarrassed for someone else to see.

## Day 11: Scent of Passion

*“For the sense of smell, almost more than any other, has the power to recall memories and it is a pity that you use it so little.” – [Rachel Carson](#)*

Aromatherapy refers to the receiving of therapeutic benefits through the aroma produced by essential oils. When the essence or life blood of a plant is in our hands, we should handle them with the utmost respect.

Many common essential oils are completely safe when used responsibly (using the correct amounts and application methods). The same essential oil can work differently for different people. Hence to benefit from aromatherapy, one should learn, try, experiment and experience what works. Tapping into the know-how of a qualified aromatherapist is useful.

For Passion and Romance, essential oils are most effective when used for massage, bath, in an electric vaporiser, or as a perfume and room spray. They are:

### Romance

- Classic romance – Rose
- Exotic romance – Ylang Ylang, Jasmine, Patchouli
- Euphoric romance – Clary Sage, Neroli, Lime
- Sweet romance – Geranium, Lavender, Bergamot
- Soothing romance – Chamomile, Sandalwood, Rose

### Passion

Passion Essential Oils are used to create sensuous moods and are known to have aphrodisiac properties. They might be combined with other secondary essential oils to create the unique Passion Blend for you and your lover. They are: Jasmine, Neroli, Patchouli, Rose, and Ylang Ylang.

For more, [click here](#).

1. Google the name of one of the essential oils unfamiliar to you.
2. Visit your local bookstore or library for a book on aromatherapy.
3. Make an appointment with an aromatherapist to find out what works best for you.

## Day 12: Romance of Music

*"Music is the wine that fills the cup of silence."* – [Robert Fripp](#)

It is undeniable that music, aromatherapy, lingerie and a soothing environment can all help set the tone for relaxation and romance. A little preparation can yield some great results!

Music has a powerful effect on our emotions. A quiet, gentle lullaby can soothe a fussy baby, while a majestic chorus can make us swell with excitement. Music can be a powerful tool in relieving stress, preparing for romance and expressing your sexuality through lovemaking. If showering before you have sex, put on some loud music you both love to sing along to and belt it out. If you feel self-conscious about the noise you are making during sex, music can block some of it out.

Your music choices are indefinite – from classical, jazz, blues, soul, country, to rap, punk, funk, hip hop, and electronica. There is no right or wrong – just whatever gets you going and feeling good about yourself. Have fun experimenting with what works!

These are some suggestions:

1. "Hot Stuff" by Donna Summer
2. "My Cherie Amour" by Stevie Wonder
3. "All the Way" by Frank Sinatra
4. "Moondance" by Michael Buble
5. "Sexual Healing" by Marvin Gaye
6. "Kiss Me Baby" by Ray Charles

## Day 13: You are Fine

*“This is love: to fly toward a secret sky, to cause a hundred veils to fall each moment. First, to let go of life. Finally, to take a step without feet.” – [Rumi](#)*

We get caught up with what is ‘normal’, ‘correct’ and ‘acceptable’ – from the length and size of anatomical parts, to sexual frequency, duration, and positioning. I sometimes find myself saying that sex is not the same as sitting for the ‘10-year series’.

The [10-year series](#) is a colloquial term unique to Singapore where students refer to official compilation books of examination papers from past years for the GCE N-levels, O-levels and A-levels. These examination papers are approved by the Ministry of Education and the University of Cambridge Local Examination Syndicate.

When you sit for an exam, it’s about absolutes – you are either right or wrong, and could pass or fail. Sex is not like that. There is no right or wrong. There is rarely, if ever, a perfect lovemaking session. Since sex is not the same as sitting for the 10-year series, why am I repeatedly asked: “Is it normal to desire/ want/ have sex X number of times a day? Is it common to do Y? What is the best way to get him or her to achieve the big ‘O’?”

We are all different. There is no one best way. The best thing to do is what works for you and the person you are with. Relax, let go of expectations and any fixation with outcome. The end-all-and-be-all should not be in the orgasm. You are not sitting for an exam.

For more, [click here](#).

1. Get into the mood with music, essential oils and/ or candles.
2. Leave your blindfold on the side table by the bed.
3. Wear lingerie that makes you feel confident, sensual and sexy.
4. Request a sensual massage.
5. Breathe.



## Day 14: Take Charge

*"The inner fire is the most important thing mankind possesses."* – [Edith Sodergran](#)

Have you heard of the expression "Lie back and think of England"?

It is an English saying with roughly the same meaning as "to grit one's teeth", i.e., to put up with what is happening. It was used both in England and among expatriates outside the country when conditions were difficult. It is given as an encouragement to perform a task that is unpalatable.

"Lie back and think of England" was an instruction given to prospective brides or women in general in the Victorian Era in regard to coping with the sexual demands of their husbands. Childbearing was considered a patriotic duty, but at the same time women were not supposed to enjoy sexual intercourse, and new brides in particular would have been largely ignorant of the facts about sex.

This is now passé because we know that women have just as much capacity for, and the same right to have sexual pleasure. We, women, are not receptacles. Sex should not feel like a burden, duty, or chore. Sex is also not only about penetrative sex. So be relaxed, engaged, and enjoy the experience. You are the captain of your sexual life.

For more, [click here](#).

1. Have sex tonight – and this includes self sex.
2. Do something different – just one thing.
3. Take your time.

## Day 15: *Forgive and Forget*

*"The weak can never forgive. Forgiveness is the attribute of the strong."*

– [Mahatma Ghandi](#)

Forgive and forget. Let bygones be bygones. Turn the other cheek. To err is human. We hear these phrases often. Maybe we have so often that we no longer know what we feel and how to feel in any given situation where we are wronged. For people who have been wronged, abused or traumatized, forgiving isn't necessarily the answer.

It is easier said than done to begin to:

- Stay with your emotions
- Speak your truth
- Seek recourse
- Get closure
- Be a person of integrity and honesty for YOU at all times.

I say:

- Let it out: Scream, yell, and cry.
- Express: Write, draw, and talk.
- Seek help: You don't have to do this alone.

Don't be quite so quick to forget! After you have processed your emotions you are in a better place to decide exactly what it is you want to do and what is right for you.

For more, [click here](#).

To facilitate your healing:

1. What is coming up for you? Are you leaning to the negative or positive? Your state of mind colours your perceptions.
2. Can you open up to another person's point of view and accept a differing opinion?
3. Do you expect more from other people than you do from yourself?
4. What is really bothering you: That someone hurt you or that you allowed yourself to be hurt?
5. Reframe your anger: The universe sent you the person who hurt you to teach you a lesson. This is your growing pain. Forgiveness is part of the lesson.

## Day 16: Apples and Oranges

*“For what do we live, but to make sport for our neighbours, and laugh at them in our turn?” – [Jane Austen](#)*

I hear complaints (or are they excuses?) of stress and fatigue due to long work hours, deadlines and demanding bosses all the time. Is it any wonder? In a society where faster, bigger, and longer are always regarded as better, we are juggling the balls of the roles we play to become the best boss, manager, employee, worker, and colleague, etc. possible. At home, it's about being the ideal son/ daughter; husband/ wife; father/ mother; and brother/ sister. No respite!

No wonder we drag our feet to work, worry about money, and yell at the kids. We need to beat this relative or that neighbour in becoming more successful in the quickest amount of time! We have put in too much to give up or worse, fail. In our drive to control every facet of our lives, is it any wonder that we have sexual difficulties?

Even in the bedroom, we want to last longer, have more intense orgasms and have it all – right now! Are we losing the plot altogether? That is: Sex involves the expression of love, physically. It is about the joy of life as well as the intimacy of connectedness. And just who decides what a great sex life is like? You do. So quit keeping score in bed. Stop comparing apples and oranges.

For more, [click here](#).

1. How can you build up your self-esteem? Ladies, attend 'Diva in Me' to learn more about self-esteem. <http://www.sugarandspice.sg>
2. What can you do to quit comparing?
3. Are you engaged in absolute thinking, such as “I always...” or “I never...”?
4. How can you be kinder to yourself?

## Day 17: The Line

*“Flirtation: attention without intention.” – [Max O'Rell](#), John Bull and His Island*

In January of last year, I stumbled upon an interview with a female celebrity. Who do you think said, “[I don't flirt](#). Even if you don't actually touch someone or do anything to them, it's disrespectful to your husband. I would never do that. I'm very devoted, and he's the same.”?

It's [Heidi Klum](#), a German-American model, actress, television host, and business woman. She is probably best remembered by Singaporeans as the hostess of the reality television series 'Project Runway'.

I adored what she said on so many levels. Turning back to you, how are you faring in your romantic relationship? How well are your physical, emotional, spiritual and intellectual boundaries established and maintained in your relationships? How successful are you in protecting and maintaining them? Having clear boundaries can only enrich or regain the health of your relationships and well-being.

For more, [click here](#).

Ask yourself these questions:

1. What type of relationship is this?
2. Are there things that you would like to say in this relationship, but don't or can't? What are they?
3. Do you feel that your own boundaries are respected in this relationship? Explain.
4. What changes would you like to make in this relationship?
5. Should you engage in safer sex practices? Ladies, attend 'Sex Smart Me' to understand more about sexual health. [www.sugarandspice.sg](http://www.sugarandspice.sg)

## Day 18: Positive Talk

*“A strong positive mental attitude will create more miracles than any wonder drug.”*  
– [Patricia Neal](#)

All of us have an inner voice that speaks to us and us alone. Self-talk is that inner running dialogue you have with yourself. When you allow this voice to become overly negative or critical, it can deplete your energy and destroy resiliency. Hence, the saying, “Control your thoughts and you control your life” holds some truth.

Positive self-talk (also known as ‘affirmations’) is basically positive statements that describe a desired situation. There is [more here](#). Practice the four steps below for 21 days to experience positive changes in your life:

1. Pay attention to what you tell yourself about life’s situations. Begin doing some self-observation and listen for that inner voice.
2. Decide what area of your life you want to work on and then decide what you want to result from this work.
3. Reframe your negative thoughts by writing short, specific, positive statements in the present tense.
4. Repeat them as many times as you can. This helps cement them in your memory as they begin to sieve into your unconscious being.
5. Read any of the books written by Louise L. Hay, a motivational author and the founder of the publishing company Hay House. She is a leading advocate of the power of affirmations.

I leave you with a few of her affirmations related to sexuality, which you can recite mentally as you carry on with your day:

*“It is safe for me to explore my sexuality.”*  
*“Sex is tender, loving and joyful.”*  
*“My genitals are perfect for me.”*  
*“I give myself permission to enjoy my body.”*

Hay, Louis L., (1990) [Love Yourself, Heal Your Life Workbook](#), Hay House Inc., CA. USA, pp. 142.

## Day 19: Dream a Little

*"Hope is a waking dream."* – [Aristotle](#)

Allow yourself the luxury of fantasies. You can enjoy using your private fantasies by yourself or with your partner. Others might like to share and talk about them. This depends on the strength of the relationship and the ease of communication between the two of you. Some partners may be threatened by your fantasies, while others will find the same one stimulating. Do not feel obliged to share your fantasies with your partner especially if the person is not going to be receptive or open to this and will be hurt.

It is important to recognise that having a fantasy and acting on one are two different things. There are vast differences between the pleasures of the imagined and the terrors of the real. In our fantasies, there are no repercussions, no harm or pain physically felt or experienced. Many people say that the reason their fantasies are so stimulating is because they are something that would never happen in real life, nor would they want them to.

Feel free to "get yourself ready" for sex through fantasy. Desire might not always occur spontaneously, especially if you are tired or stressed. Give yourself permission to use your sexual imagination. Your sexual fantasies, desires, and dreams are valuable and integral parts of your sexuality. Some of the more popular fantasies involve sex in different locations such as the beach, a lift or a plane. What's yours?

Your exercise today is to make up a new fantasy! Time guide – 10 minutes.

## Day 20: Plan a Getaway

*"I'd like to get away from earth awhile  
And then come back to it and begin over.  
May no fate wilfully misunderstand me  
And half grant what I wish and snatch me away  
Not to return. Earth's the right place for love:  
I don't know where it's likely to go better."*

— [Robert Frost](#)

Singaporeans love to travel. Perhaps we have to. The island is small and there is no hinterland for us to retreat to. Those with the means and time travel to see how others live, witness the natural wonders of the world and get a short period of respite. With the availability of low cost air carriers, easy access to neighbouring cities and plenty of tour packages and tour agencies to choose from, travel has become easier than ever.

In planning a getaway, know that the world is your oyster and you do not need to go far to be transported to a different reality. In fact, there are a number of boutique hotels that are gaining popularity. Consider the three Singapore properties of hotelier Loh Lik Peng: Hotel 1929, New Majestic Hotel, and Wanderlust. Or you might prefer [D'Kranji Farm Resort](#) for a rustic farm stay experience. There is also [Riders Lodge](#), the only lodge in Singapore that provides both accommodation and riding lessons.

Establish your objective of the getaway. There is little point in getting carried away shopping, eating and seeing the sights if the original intention was to carve out some quality time for sex. For more, [click here](#).

Here are some tips:

1. Make sure you carry all of the required documents (if you are travelling abroad).
2. Arrange everything in advance.
3. Ensure that both of you are free. This allows for leaving behind all the tensions and worries of daily life.
4. Check the weather forecast. However, unpleasant weather may just help keep you snuggling under the sheets.
5. Pack lightly and include your sex toys.

## Day 21: Get into your Body

*“Keeping your body healthy is an expression of gratitude to the whole cosmos - the trees, the clouds, everything.” – Thich Nhat Hanh*

We are inundated, on a daily basis, with multiple messages about how our bodies can or should look better, from slimming and facials to skin whitening and body hair removal. There is just so much we can be unhappy with when it comes to your bodies. How can we ever be happy with the way we look, much less enjoy inhabiting the only body we'll ever have?

Could dance help us become more comfortable with our bodies? I asked three female dance instructors [here](#). Read the individual interviews here: [Yuki Chua](#), [Linna Tan](#), [Ming Leong](#).

As a sexologist, I strongly believe that it is important to have some sort of acceptance of your body before you can comfortably share it with another person. Dance is a fantastic way to do so. It is not only a good form of exercise but also fun. Having experienced all three forms of dance (belly dance, exotic dance and pole dance) myself, I would encourage everyone to sign up for classes and keep this temple of your soul healthy!

1. Seek medical advice to ensure you are fit and healthy enough.
2. Always wear comfortable clothes. However, in pole dance, you will need bare arms and legs in order to have a strong grip of the pole.
3. Always warm up, stretch and cool down properly. Take them seriously as doing so helps prevent cramps, aches and injuries.
4. Respect the limits of your body and energy.
5. Stay hydrated by drinking lots of water.



## Day 22: Your Pink Parts

*"I see my body as an instrument, rather than an ornament."* – [Alanis Morissette](#)

I didn't know I had a vulva until I went to [sex school](#). Of course, I have a vulva (pronounced as 'vuhl-vah') and a vagina (pronounced 'vha-gine-a'). I just didn't know what they were called. I couldn't even pronounce the word penis (pronounced as 'pee-nis') for that matter and referred to it, incorrectly, as 'pen-is'.

[Sexual anatomy](#) was one of the first things we covered in school. Now, sexual anatomy is something I talk about all the time. Without knowing what is 'down there' and resorting to using pet names or blushing every time we refer to our private parts, just how comfortable can one be with one's sexuality, much less sexual expression? For some people, knowing and referring to our private parts by their proper names is their first step to truly 'owning' their sexuality.

When you can talk about sex and the anatomy involved in sex using factual, scientific and accurate language, you demystify it. Say 'vulva'. Try 'vagina'. How about 'penis'? Great job, class!

Read about the [male](#) and [female](#) sexual anatomy.

2. Identify all the parts of your genitals. Use a good light and a hand mirror. Sit with your back against a pillow with knees up and feet on the floor. Note the location, texture and colour of the skin of each part. For females, move the hood of the clitoris back and forth over the glans. For males, move the foreskin back and forth over the head of the penis.
3. Have you thought about giving a name to your genitals?

## Day 23: Hot Squeezes

*“Health is not simply the absence of sickness” – Hannah Green*

Named after Dr. [Arnold Kegel](#), the Kegel exercise consists of contracting and relaxing the muscles that form part of the pelvic floor. The muscles squeezed are known as the pubococcygeus muscles (or PC muscles).

To locate your PC muscles, try to stop the flow of urine while you are actually using the bathroom. After contracting those muscles, use your mind to relax them, you should feel your pelvic floor move back down to the starting position. Remember how this squeeze feels and do your Kegels when your bladder is empty.

[Kegels](#) strengthen pelvic floor muscles weakened due to aging, from being overweight, or for those who have a chronic cough, or a genetic predisposition to weak connective tissue. Women who experience pelvic organ prolapse or urine leakage due to pregnancy and childbirth benefit from doing Kegels. Also, women who have persistent problems reaching orgasm find Kegels sensitise their pelvic muscles. For men, Kegels aids in better ejaculatory control and can help treat prostate pain and swelling.

Advanced instruction:

**Frequency** – Use a “squeeze, hold, release” pattern. Do three sets (10 times per set) daily. You should feel some tiredness around your outer thigh.

**Duration** – Build up from a duration of three seconds. If you can get to a count of 15 seconds – that would be excellent!

**Intensity** – As your muscles become stronger, this movement can be more pronounced. This is when you have the ability to squeeze even harder. Kegels can be done anytime, anywhere. There is no reason not to do them, considering the benefits to bladder and bowel control and also sexual function!

## Day 24: Unleash Your Inner Sexy

*“Imperfection is beauty, madness is genius and it's better to be absolutely ridiculous than absolutely boring.” – [Marilyn Monroe](#)*

Merriam-Webster's Online Dictionary defines 'sexy' as sexually suggestive or stimulating. In other words, sexy can be 'erotic'. Surely, sexiness is in the eyes of the beholder and can be very subjective. There are [a few things](#) about 'sexy' which most people would agree upon:

### 1. Sexy people are confident.

Confident people smile readily, carry themselves with dignity and pride, and walk with their head up high. People tend to find confident people sexy because of their larger-than-life personality and assertive demeanour.

### 2. Sexy people take care of themselves.

This means taking care of your personal hygiene, the cleanliness of your clothes, external grooming and the like. It also means having a healthy diet, making efforts to achieve work/life balance, and attaining adequate rest. Physical fitness is definitely one of the keys to self-care. Exercise helps us improve our physical appearance and also energizes.

### 3. Sexy people are comfortable in their own skin.

We cannot be 'sexy' if we are not comfortable with our bodies. Examine if you could have any body image issues. A big part of being comfortable in your skin is accepting yourself the way you are – short, thin, tall, wide. Having done what you can with what you have, it's time to embrace your body and even celebrate it. So I encourage you to first take care of yourself inside and out, then stand tall, and strut your stuff. Unleash your inner sexy!

1. How can you look more confident?
2. How should you take better care of yourself?
3. Is there any part of your body which you do not like? Should you be making peace with any or all of your body?

## Day 25: Stop Smoking

*"If we see you smoking we will assume you are on fire and take appropriate action."*  
– [Douglas Adams](#)

I am surprised by the number of smokers who do not realise what [smoking can do](#) to their sex lives. I am just going to lay it down straight: if you want to have better sex, [stop smoking](#). And if you are not a smoker, don't pick the habit!

Smoking affects the blood flow in our veins and arteries. It creates the build up of plaque on the inner lining of arterial walls. This obstructs the blood flow and causes a host of circulatory problems throughout the body, including [erectile dysfunction](#) for men. ED is the persistent inability to attain and maintain penile erection adequate for satisfactory sexual performance. Also men who smoke cigarettes have lower sperm count and motility. There are also increased abnormalities in sperm shape and function.

Women smokers have decreased egg counts and are more likely to have painful and irregular menstruation. They have an increased risk of early menopause and are four times more likely to suffer from cervical cancer. Should female smokers become pregnant, they also face an increased risk of miscarriages and are twice as likely to have an ectopic pregnancy. An ectopic pregnancy is when the fertilised egg grows outside the uterus. Smoking is also responsible for 15 per cent of premature births. Quitting for a long-term smoker may not be easy but do it for the sake of your loved ones and your sex life for starters. Do it for you.

1. Do your own research about the harmful effects of smoking [starting from here](#).
2. Check out Quit Smoking Services by Health Promotion Board [here](#).
3. [Quit methods](#) include going cold turkey; seeking professional help from quit advisors; nicotine replacement therapy (NRT) and medication.

## Day 26: *Secrets to Great Sex*

*“Be more splendid, more extraordinary. Use every moment to fill yourself up.”*

– [Oprah Winfrey](#), O Magazine, February 2003

When [Peggy Kleinplatz](#) of the faculty of medicine at the University of Ottawa put out a call for “great lovers” across Canada and the United States, she and her team were deluged with old married people. Through long interviews with 30 men and women over the age of 60 who had been in relationships of 25 years or longer, the several ingredients for “[great sex](#)” emerged:

- Being Present; Connection;
- Deep Sexual And Erotic Intimacy;
- Extraordinary Communication;
- Interpersonal Risk-Taking and Exploration;
- Authenticity;
- Vulnerability; and
- Transcendence.

The findings were not a surprise since I believe that the best sex possible is with the one you love and are able to be open, honest and connected with. The intimacy that these couples must have has to do with the ability to share one’s fears, dreams and pains. It is about being connected, even from across a room of strangers. Sex without intimacy eventually becomes shallow and unfulfilling. If intimacy is not nurtured, the relationship will wither and die over time.

The deeper your intimacy is in your relationship the more explosive and satisfying the sex will be. When sex is explosive and mind-blowing, it cements you to your lover in a very powerful way and thus opens the door for more intimacy. Thus, intimacy and great sex feed each other.

1. Acknowledge that you do want to have a more intimate relationship.
2. Start by opening up and risking being vulnerable.  
Seek marriage counselling or sexuality coaching if needed in enhancing your relationship.

## Day 27: Just Do It

*“To change one's life: 1. Start immediately. 2. Do it flamboyantly. 3. No exceptions.” –*  
[William James](#)

There is often a sexual desire discrepancy between the male and female. I like to first emphasize that just because she has a lower sex drive does not necessarily mean there is something wrong with her, and that it is her fault sex is not happening more. What this means is that you need to be aware of this difference and together come with creative ways to fulfil both your sexual needs.

Low frequency in sexual intercourse does not necessarily mean that the relationship is on the rocks. However it is important for couples to begin by having an honest discussion with how often they need to have sex versus how often they would ideally like to have sex. There needs to be a conversation about the role sex plays in a relationship and why it is important.

For many men, sex is about fulfilling a physical need and for women it tends to be the feeling of being physically close and emotionally connected. Hence it is useful to understand sex from each other's perspective. From there, work out suitable times in the week both of you can make this happen.

More creative ideas:

- Sleep in the bedroom. Have sex anywhere else in the house – the kitchen, living room, or guest room.
- Seize the moment wherever or whenever it hits.
- Buy something: [essential oil](#), lingerie and music all count.
- Send hot sizzling text messages, emails and/ or notes to each other during the day.
- [Buy a sex toy](#). Read an erotic novel together. Watch an [erotic massage video online](#).

## *Day 28: Commit to your Growth*

*“We must learn to be still in the midst of activity and to vibrantly alive in repose.”*

– [Indira Gandhi](#)

In action movies somehow the hero always manages, in the midst of great chaos, to be in the right place at the right time, to make the critical difference – namely kill off the villain. This good guy usually has some heroic quality – kind, honest, and/ or integrity – in addition to being either stronger, tougher, or smarter, even if they're not bigger in build.

However, he would also have received more or better training, and therefore, he is more skilful and more prepared for whatever may come. Therefore, it is only natural that this person would be more likely to be able to watch for signs and indeed, be in the right place at the right time.

Are you at your optimum state for the best sex of your life? All these things mummy or doctor said is true: watch your diet; exercise regularly, drink less, stop smoking; and take time to pamper yourself. We can acquire skills for sex. This training can come in the form of reading sexual education books; attending [sexual technique workshops](#); going for related communication, coaching or counselling sessions.

It has been a privilege as well as honour to have worked with so many people committed to have positive sexuality in their lives. And indeed it has been wonderful creating this e-course for you and sharing my knowledge.

Commit to your continued growth as a sexual being. You are the [Sex Hero](#) of your life. I wish only the best for you.



[www.ErosCoaching.com](http://www.ErosCoaching.com)

Eros Coaching is a sexuality and intimacy coaching company in Singapore which believes in the innate solutions we each already hold in achieving and enjoying a fulfilling, healthy and pleasurable life. Eros Coaching listens, informs, facilitates and empowers you to spread your wings.

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### **Projects**

[Febulove](#) [Being Woman](#)

Online carnival celebrating love, romance and eros in February [BW Facebook Group](#)  
(for women)

For more about our events, click [here](#).

### **Services**

- Sexuality coaching/ counseling
- Life coaching
- Sexual education workshops
- Telephone access
- Answer sexuality questions via email