

7 STEPS TO BECOME A SEX GODDESS

BY DR. MARTHA TARA LEE

ACCORDING TO URBAN DICTIONARY, a goddess is 1. any sort of God, deity, or anything that is worshipped and is female. In a second definition offered, a goddess is 2. A woman who is so beautiful, brilliant, and wholesome that she is simply not like any other women on Earth and therefore possesses some sort of uncommon spiritual element that while is cannot be solidly defined it is clearly present.

The second definition blew me away: “not like any other women on Earth”. Even if any of you are uncomfortable with calling yourself a goddess, surely, you can appreciate being regarded as a unique individual who stands out without trying.

1. GET CLEAR ON “WHY” – You’re not going to be able to own being a sex goddess if you aren’t clear what it means to you and why it is important. What might being a sex goddess bring to you? What gifts would you bestow those around you, and to bigger extent, the world?

2. GET NARROWER – Which sex goddess do you resonate with - Kali, Kuan Yin, Marilyn Monroe, Mui Lan? Who pops into your head? There isn’t a right or wrong in this - perhaps your inner sex goddess is a mix between modern-day superhero and ancient wisdom geisha, and that’s alright too.

3. GET DRESSED – Once you’ve discovered your type, you can begin claiming the part through your dressing. You don’t have to spend a lot of money in this – a few beautiful items that help channel your persona is all it takes. It could be a piece of fabric, accessory or fragrance. This has to feel good to you.

4. GET OUT – Being a sex goddess is more than looking the part but owning the being. Bring your inner sex goddess out on a date – dress, walk and be the part. Where would she go? What would she say? The more comfortable you are with owning her, the easier it will be in the bedroom.

You can be anything you want to be, if you only believe. Remember you are a goddess and let the comments of any naysayers roll off your back. Be happy with who you are and who you are with. Be happy because the world needs goddess who shine.

DR. MARTHA TARA LEE is Founder and Clinical Sexologist of Eros Coaching. She is a certified sexologist with a Doctorate in Human Sexuality. She provides sexuality and relationship coaching for individuals and couples, conducts sexual education workshops and speaks at public events. She is the author of the books **LOVE, SEX AND EVERYTHING IN-BETWEEN**, and **ORGASMIC YOGA**. She is also the host of the weekly radio show **Eros Evolution on OMTimes Radio**. For more, visit www.ErosCoaching.com or email info@eroscoaching.com.

CLAIMING YOUR INNER SEX GODDESS

5. GET EDUCATED – A sex goddess would acknowledge that there is much to learn from life, others and, even the internet. To be truly comfortable in the bedroom, she would have to acquire the information, knowledge and skills to be confident in interacting with her partners. She would not hesitate in attending classes or coaching if needed.

6. GET INTIMATE – Most sexologists will tell you that the best way to learn how to be sexual is by yourself. When you know what you need, want and desire sexually, this is when you are better able to give authentic consent and also establish boundaries. If you don’t self-pleasure, perhaps you should. If you don’t have an orgasm, perhaps you like to learn how to have one by yourself first.

7. GET PLAYFUL – A sex goddess realizes that perfection is a myth, and that better is all about practice. She is open-minded enough to learn, curious enough to ask, and self-assured enough to laugh it off when things don’t go exactly as expected during sex.