



# BEAUTIFUL, LOVING SEX

SHANTI LINSEN DO, DC, NHA

Beautiful, loving Sex, et cetera.

Wow, that is a 'biggy'!

Yeah, but what I am going to talk about is not so much the act of having intercourse, but the true VALUE of 2 people being totally involved in the love and feeling of being 'one', during the act of having sex.

"Having a quicky" is not what I want to discuss, but I can't get away from.

Casual sex, is basically just a form of release of the hormonal drive, but not often related to the beautiful feelings of a woman and a man (usually), being together in that bond of love and eventually ecstasy.



Foreplay shouldn't normally start a few minutes before intercourse, but has a certain time frame, leading up to the act. Beautiful things generally happen during that time. There is touching and kissing, the giving of a small present at times, the little coy smiles and looks, as if to say: "gosh, I love you" and all sorts of personal things take place. These are the very special things, that couples invent themselves. This is the time, when both parties want to be close and involved in the 'being together as one.'

When the time comes along, after a nice intimate meal and a small glass of (de-alcoholised <sup>Ha,ha</sup>) wine maybe, things start to liven up and your hands meet and an extra little squeeze tells you, that 'love is in the air' and both of you are ready to have a good cuddle and some real kissing, leaving the door open for the adventure to start.

However soon, a 'something special' develops and it is always personal and very individual. Couples find their own way of making sure, that they are feeling amazingly happy and whatever time it may take, to finally come to a climax. This may take a long or sometimes a short time, but always finishes with a great feeling of being wanted and loved. This IS MAKING LOVE!

Casual sex is a poor way of 'making love', in fact, it is not making love. It really does not have anything to do with love, just a release of sexual tension: "Lust".

Unfortunately, these acts are often performed during or after a party or casual meeting, where lots of alcohol is dulling the minds of people, wanting to 'have sex'. Herewith there is the chance of the woman becoming pregnant as well, to

a total stranger, whom she will never meet again and she has the responsibility to bring up a baby on her own. This situation is very common and not healthy, as the baby will never have his/her father as such, something I feel is very important for its upbringing. If one day the mother meets a husband, hopefully he will act as a father for this child and at least that will solve some problems.

Children need a MOTHER AND A FATHER.

The following message is very important and many people dis-agree with me but please read on. So many children are brought up with only one parent or sometimes with 2 same-sex partners. THIS IS NOT RIGHT. I don't say, that 2 women or 2 men cannot show love to a child and give the child a lot of love and care, but the 'male/female' balance is not there. Nature has devised a system, whereby 2 sexes are involved in producing babies and caring for them. In almost all living beings; this is so. There are exceptions and I always wonder why, but... that is the way it is, however in mankind, there should be 2 sexes involved in a family.

Some ladies argue that a mother, can teach a boy-child how to use a hammer or a screwdriver like a father would, so a man is not needed, but that is not what I am talking about. It is the male's influence, his masculinity, his special ways of doing things, his 'atmosphere' which are so different to a woman's ways. Women are always gentler and more feminine and this is what is needed. Even if she is a bit tough and a bit butch (sorry), deep-down she is still a female.

With a typical family, where the mother is at home being the mother and father works during the day, the homecoming of the husband and father is **normally a very pleasant time for the family**. He gets greeted with a hug and a



kiss from his wife and he will always cuddle his children and play with them for a while. I remember it so well, my father's home coming. That is so special and the kids love it so much. He might take the children outside and play a game, while mother puts on the dinner and she will join them whenever she can.

That is such a nice time of the day and of a family together. This too, may lead to getting close together of the parents and could be classed as a form of

foreplay too. If there is love and deep feelings for one-another and also the presence of your own children, your heart opens up and you really appreciate the fact you have a beautiful family, seeing everyone happy.

Something I always have appreciated, is that a man is a man and a woman is a woman. Especially in a family situation. We are 'built' to do special things as a man or a woman; that is just nature.

A man should be a leader and protector with strong convictions and **responsibilities**, especially when he gets involved with a woman in the case of marriage, caring for her and the eventual family with deep love and appreciation and should always be ready to lend a 'shoulder to cry on' in certain negative situations. He should show often, that he is the leader and the one in charge with love in his heart for good reasons only, as a woman needs these little reminders, that she is there for him as well.



This does NOT mean, that the man is the TOTAL ruler, control freak and BOSS and his wife the MEEK little slave. No, No, No, he should be attractive to his wife in every way, not only physical, but emotionally and psychologically and allow his wife to play a VERY IMPORTANT ROLE in running the

household. She should be proud for her husband to take the reins. They should discuss everything together for the best outcome of all decisions that are made, before it gets out of hand. He should also care for his appearance and behaviour at all times, especially when the couple is going out and he should be very proud to have his wife beside him.

A woman should be feminine and not masculine and be the lover and support for the man, whenever he is in need of this, especially when something goes a little haywire. As I said before, they should talk and work things out peacefully and lovingly, to come to a resolve, whatever it may be. She should be caring for herself and always (?) try to be attractive in every way. But, remember, beauty is only skin-deep, and there is a lot of beauty inside a person we must NEVER FORGET.

A woman should not emulate a man and do the things a man does, just to pretend that: "I can do that too." It is not a sign of weakness. A woman should be proud to be the lovely creature she is and the beautiful things she can do as a woman. Clothes and make-up are not the most important items to concentrate on. It is the beauty within that counts. If people don't like you, because you have not spent much time on the outside, just too bad and it is their loss.

This brings me to remember a very special lady, who passed away 22 Feb 2020, with a list as long as your arm of achievements in making sure that women and men are just that and that they were educated to be beautiful in every way. Their speech, their diction and pronunciation of the spoken word, their appearance, the way to walk and behave and so many more etiquettes now almost forgotten.

Her name was June Dally-Watkins OAM. In 1950, at the age of 23, she started a personal development school in Sydney to train young women in etiquette and deportment, a year later she started Australia's first model agency and modelling school. She was later a public proponent of etiquette and elocution. She also went to China to teach etiquette and deportment to young women.

I was personally taught elocution by her, when I became an airline steward, together with my class, to be sure that our announcements over the P.A. system on the aircraft, as well as personal contacts with passengers were clear and concise; that our mannerism was acceptable to all races and creeds.

In today's world, she is sorely missed. Anything goes it seems and personal etiquette is going out of the door. Speech for most people is poor, even by the announcers on radio and television. Proper language is forgotten and 'anything goes' it seems. I am sad about that, as a little refined mannerism in deportment and certainly in speech is nice to experience. Anyway, that is the way it is.

Gallantry is dead. Gallantry means: *'polite attention or respect by men to women'*. It is also called SHIVALRY!





There are more than 20 types of STD's (Sexually transmitted diseases). Is this what people want?

A friend of mine used to say:" Men think with their dick." Think about that.

Okay, I am old-fashioned, but that alone doesn't make these happenings right today. Don't we have any respect anymore? Is that "lust" all there is you can think off? Can't men take a woman out for the night, enjoy a great meal and take in a show, without expecting sex?

My life was a life of love for 'that special woman', whom I fell in love with and enjoyed the sharing of everything to do with life in general. We were always part of each-other's life and the things we liked to do as individuals. Some days we did something I liked to do and on other days it might have been something my partner was interested in, but we always shared and showed an interest in each-others' wishes or hobbies.



I feel sorry for those couples, who are NOT IN LOVE and just simply live together through thick and thin, surviving many miserable times together. They often cannot discuss their differences and these discussions become fights and usually lead to abuse. They are always miserable. They

go on drugs or alcohol and party hard to drown their sorrows and often the children are not properly cared for. The children observe these fights and loud screaming matches and think that is the 'norm', so they follow these examples in their adult lives. There is very little respect in a lot of children today and they do not even give it a single thought. AND THAT IS BECAUSE THEY DON'T KNOW! They haven't been taught or shown. They do not respect the law; they don't respect people's property and steal cars or other goods. And the list goes on. It is so sad!

There is often not enough money to eat proper food and drinks, so their health is also affected.

It doesn't have to be that way at all. If money is spent on unnecessary purchases\*, which it so often is, and these purchases are so often done on the dreaded CREDIT CARD, that will make and keep you poor forever.

Read my paper on 'Consumerism'. There you will find the answers, although a bit hard to achieve.

*\*These purchases often are un-necessary household goods, new mobile phones, alcohol and very often drugs, which are very expensive.*

I want to help you as much as I can, but you will have to do the DOING. I can only lead you into the right direction and this road is going to be difficult for a while, BUT THE RESULT will be really worth-while, I promise.

Make your relationship a friendly and loving affair, where you can lean lovingly on each-others' shoulders and be able to discuss ALL MATTERS pertaining to a happy life together. Remember that you are two different people, with different mind-sets, so there will always be differences, but GIVE from the bottom of your heart to the one you are with, as your partner is so very special and important to you. IT IS NOT EASY sometimes to achieve this, but is it not better to be happy than miserable all the time?

Learn to enjoy the simple things, life has to offer. You do not have to spend money all the time to be happy. A nice drive into the country and a lunch on



the way. **A dip in the ocean and a run along the beach.** A camp-out in the bush and hear the stillness and peace, away from the suburbs and daily noises of traffic and TV. These suggested things are very healing and relaxing and will give you both a chance to unwind and talk peacefully to each other.

'Silence is golden'; an old, but true saying. Being quiet and silent for some time on a regular basis, is very good and healing

**A little laugh is needed here: (I like this one) as things are getting a bit heavy.**

"Silence is golden, unless you have kids, then silence is just plain suspicious."

**Love is grand! Love is healthy! Love is supportive! Love is necessary! Love makes the world go round! Love is never ending! Love is love! Your heart, your mind, your body and all these things will respond to true love.**

Let's get away from all the negative dealing we are facing every day and go forward into the LIGHT and the LOVE. It is so amazing!



Wear simple but beautiful clothes that make you happy. **Get rid of your BLACK wardrobe.** Modern fashions are all dark and negative. Stop it now and become the LIGHT yourself! You will find it makes a massive difference in your life. You are and feel more attractive in coloured clothes. There is never a comment of beauty when wearing black, but a nice colourful dress or shirt for men, always attracts positive comments. People see it alright!

If, after all this trying to get things sorted out and you are not successful, it is



better to split up and go each other's way, **BUT leave each other with love in your heart, without a fight and wish your partner a happy life to follow.**

There is nothing worse than HATE.

Remember when you hate a person, it actually affects you more than the other person. You are upset and angry. The other

person will just walk away unscathed and un-affected, so please:

**DON'T HATE.**

Men, yes, I single you out here as a 'perpetrator' (a very strong word) for most often not wanting to get help from outside, to try and solve your differences. I have personally solved these family problems with couples, who blamed their partners for not playing the game. It was always the man, who was the difficult partner, to convince that he was just 'a bit too much in charge' and would not give an inch to correct the situation. Often the man will not be part of a reconciliation process. Why? It is usually that he is the one that is at fault and does not want to be exposed.

Remember, that God, your Maker, has brought you together and out of the billions of people on this earth, you found your partner. Not bad hey, so work on it and find the peace and love to be together-as-one. YOU CAN DO IT!

Afterall: "There is no such thing as CAN'T."

My work in this area has been very successful and one couple (family) in particular, became the happiest family ever. Their 2 teenage daughters were also part of the negotiations and they were ever-so angry at first, but ... all good in the end.

Love makes the world go round, as mentioned before, so learn and continue to love yourself first and then share that love with others. It is a completely new ballgame. Find the people that will share your love and your life will be sweet. Leave the people alone, you do not communicate with, still loving them and propagate the closeness of like-minded folks, whom you really like.

If all else fails, and you have really tried to make it work, then separation is the best choice. After separating from a difficult relationship, you must allow yourself at least 2 years of 'grieving', before entering into a new relationship. It takes time and this grieving time is needed, to get yourself back on your feet again and find the real you again. It really hurts, even though you might think that separating alone is enough. Do the things you want to do and enjoy during this time, something you may have found difficult, during your last relationship and get that out of the way.

Doors will open and friends will pour in by the 'bucket load' and you WILL find a new and suitable partner soon, because YOU ARE YOU AGAIN, the beautiful person you really are. Yes guys, you too. You are a beautiful creation and you will be loved 'again' soon.



There are very few really bad people on this Earth. Most of the 'so-called' bad people, were often led into this state, by negative experiences in their young and early life. It can have many forms, **but a child brought up in a family, where Mum and Dad are not at one with each other and constantly fight etc.**, or are often

under the influence of drugs or alcohol, will only follow these traits in their life to follow. We learn by example and that has always been the case. Education comes from showing and then doing things in our lives.

Having said this, you are most likely just a victim of circumstances and these circumstances have now changed. Leave the past behind and move forward into a world of LOVE AND LIGHT, enjoying life with new people and especially a new partner. Start afresh, building that deserved happiness together.

LIFE IS BEAUTIFUL; JUST EMBRACE IT!



**IT IS IN YOUR HANDS!**

With love, Shanti