

How To Turn On & Get In The Mood*

*All pronouns are interchangeable.

Amy Color
THE INTIMACY COACH

One of the top intimacy issues I hear is:
“He doesn’t know how to
turn me on anymore” or
“She’s never in the mood.”

I ask:

Do you know *what* you are
turning on? Or what it is that
you are getting in the mood
for?

When you understand *what* you are doing and *why*
you are doing it, it’s easier and more fun to do it.
Mm-hmm.

The goal of sex or an intimate encounter is to give
your sensual bodies permission to come out and
play. When you know how to do that for yourself,
you feel more comfortable doing it with your
partner.

Get comfortable with your sensual body and you will
feel confident showing up for whatever you are in
the mood for.

Turn On Sensual Life Exercise:

When you stimulate your senses, you are in fact, turning on your sensual sexual body. (Read that again.)

Here is how to feel more sensual, sexy, and turned on in your own life.

The goal of this exercise is to increase your awareness of your 5 senses;

sight, sound, smell, touch, and taste.

Find things that *light you up* - when your senses are lit, you are turned on!

Look for and hang artwork that inspires you.

Listen to music that makes you want to dance.

Find your signature sexy cologne.

Wear comfortable clothing that look and feel great to touch.

Eat delicious foods that make you *Mm-hmm* out loud. *The Huddle* sound *Mm-hmm* cues your body (and everyone around you) that something good is coming.

You may be wondering:

Am I looking for things
to turn me on?

The truth is:

You are the only one who
ever turns you on.

No one else can or will do that for you for a lifetime. Feeling turned on and sexy comes from you. It's your ability to derive your Mm-hmm yummy pleasure from the simple things around you that makes for a life of sexual happiness.

It does not matter if you are single or part of a team. The ability to turn yourself on and get yourself in the mood is the key to living a sexy confident life.

Story:

Breanna & Alec

Breanna and Alec were 21 years old and married for only a year. Alec is young and turned on by everything and he's always in the mood for sex. He called me and said that she was frigid. The fact was Breanna came from a strict, religious home. She was told boys and sex are dangerous and bad. Now she is married and suddenly is supposed to *want* it, *like* it, and *know* how to do it.

They didn't need to work on sex. They needed to learn to relax, have fun and play together. They expanded their definition of sex to include sharing their sensual bodies, and exploring sexual pleasures. That is how to have a truly satisfying long term relationship and love life.

They really loved the music, and scent in my office. I explained how I have used the same soundtrack and rose oil for over a decade, it cues me that it is time to turn on and get in the mood to coach. It has a similar effect for my clients.

Breanna and Alec bought the same album, and some scented oils. They purchased luxuriously soft silk robes, flowers, and chocolates on their way home. And they created their own sensually stimulating ritual to help them both turn on and get in the mood for sensual pleasure. Now that they understand *what* they are turning on and getting in the mood *for* they can share a lifetime of sexy adventures.

“Sex is like air;
it’s not important unless
you aren’t getting any.”

—John Callahan, soap opera actor

Remember to take all five senses into consideration:

Sound

Music sets the mood, and Huddling lets you know there is no more talking.

Sight

Lighting makes all the difference. Declutter the space or cover any messes.

Smell

Set the mood with a signature scent for intimacy - rose oil, or whatever works for you. Also please consider deodorant, toothbrush, and a shower. Do what is needed to make it easier to get closer.

Taste

Food and sex are closely related. Share yummy treats that make you *mm-hmm* out loud.

Touch

Sensual exploration means exploring sensations. Use your imagination!

Have fun, stay curious.
Explore what turns you on
and excites your senses and
you will never get bored.
Mm-hmm!

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amycolor.com