



## **Week 36**

### **OVERVIEW OF LECTURE**

Sexuality

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## SEXUALITY

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Healthy relationships

Sexual energy motivates our life.

Sexual potency is both physiological and psychological.

Difficulties concerning frigidity, impotence and premature ejaculation are mainly psychological.

Matching with an appropriate partner is important.

Breathing techniques can help with psychological issues.

The average person recognises sex as a confirmation of their desirability.

Men are more intellectually invested in sex than women.

Women tend to be more invested emotionally.

Understanding the source of the others of stimulation is very useful.

Physiological issues can range from inability to orgasm in women and sexual potency in men.

There are seven levels or gates in women's genitals and three kinds of orgasm.

Men can orgasm without ejaculating.

In general, for men building core strength and practicing kumbhaka with exhalation improves sexual endurance.

In general, balancing and improving pelvic floor tone and stabilising the spine will improve the female experience.

**Love is the foundation of spiritual life.**