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**Welcome to
Love Perspectives
A Different way of looking at life, love, & people around us!**

Throughout my life I've been interested in the emotional sides of life...things like...Sensuality, Affection, Love, and what makes people tick???

These items most people are too busy in their normal everyday life to think about. While growing up dealing with my daily life, I also took time to observe the behaviors and emotions of friends, family, anyone & everyone around me.

I began to realize, as with snowflakes, people's perspectives on life differ...yet with some common patterns.

I've always looked at life from a different perspective than most. Some years ago, I had issues that forced me to take a good look at my life. Since then, I realized emotional happiness was the most important factor in my life. Most of all was the trait of "Sensuality."

A good friend once asked me about this so I sat down and wrote about my perspectives on that subject. It originally started as a two-page paper and over the years kept growing. For some time, I've been asked to publish it online...so here it is.

The main purpose of this site is to give you, my reader, a glimpse of life as seen through a different pair of eyes. It's not to browbeat anyone for their emotions, nor for any particular gender or persuasion. After viewing all the above topics, hopefully, you may leave with some new views on life and "Perspectives."

It will help to begin with the topic of "Sensuality" and read each down to "The Bottom Line".

If you'd like to comment on it, please feel free to contact me at info@artintel.net.

If you find this site helpful, please share it with your friends.

Thank you for stopping by,
Gene Sheiman



"Sensuality vs. Sexuality"

by Gene Sheiman

Life, Love, Sensuality, & Sexuality are all determined by "Perspectives." We all have different "Perspectives" that decide our life choices at every turn.

I believe myself to be a very sensual man, but, as I've learned in life,
"It's not for me to say of myself but for others to say of me!"

Here are "My Perspectives" on the subjects of Sensuality, Sexuality, Relationships, & Love I started writing this some time ago. I believe I have a completely different approach than most other people do on the subject...yet it does make sense.

I believe there are major differences between being Sexy/Sexual, and Sensual. Most people confuse them or believe they are the same.

Sexuality

No one is born "Sexual." Being Sexy, flaunting one's sexuality or attributes is a learned skill. Be it from experience, peers, or reading, anyone can be taught to act sexy or sexual and learn what to do during a sexual encounter. Seeing someone as sexy depends upon the individual. As they say, "Beauty is in the eyes of the beholder."

One can be sexy, may or may not have sex, and, but, if it happens, can be attained with or without passion or love.

Sensuality a Trait?

Lineup 100 people, they will **"All"** say they are sensual.....and they are but, not at the same levels! All humans are born with traits. Different "Potential" levels of Intelligence and Common Sense. Also, they are born with different "Potential" levels of Sensuality.

I say "Potential" because the levels that one feels comfortable at may never reach their "Potential" due to their life experiences, intellectual, & emotional backgrounds.

Intelligence: Defined in many different ways, including the abilities, but not limited to, abstract thought, understanding, self-awareness, communication, reasoning, learning, having emotional knowledge, retaining, planning, and problem solving. Because IQ tests measure your potential ability to understand ideas and not the quantity of your knowledge, learning new information does not automatically increase your IQ.

Common Sense: Defined by Merriam-Webster as, "sound and prudent judgment based on a simple perception of the situation or facts." Thus, "common sense" (in this view) equates to the knowledge and experience which most people already have, or which the person using the term believes that they do or should have. The Cambridge Dictionary defines it as, "the basic level of practical knowledge and judgment that we all need to help us live in a reasonable and safe way."

Sensuality: All too often confused with sexuality. Beginning with awareness, sensuality encompasses the exploration and experiencing of all our senses. Basically, it is not what you do, but how you do whatever you do. As I said, everyone is born at a "Level"

Within that level of sensuality, you can have good days where you may attain near your potential or bad days where you bottom out suppressing your emotions.

Sensuality is that "intangible thing, a look, a touch, a smile, an "Aura" surrounding you, an inner passion, a chemistry. It shows in one's eyes and body language. Some wrongly call it emotional neediness. Whatever you want to call it, it's felt between two people...within a relationship, friendship or even just an acquaintance.

Trying to explain to someone, at a lower potential level, what sensuality is much like trying to explain to a blind person what it is to see the sun.

If you don't feel that emotional "need" inside then you won't look for it nor reciprocate to someone who is.

In actuality, the level you were born at is irrelevant. What does matter is the potential level of your partner.

In a relationship, if the levels of two people are at, or near the same, the chemistry can be beautiful and the relationship has a good chance of growing into more. If the levels of "need" are too far apart, unfortunately one will always be satisfied with the other while one will always feel "something" is missing eventually feeling an inner hurt emotionally.

In my life, I've observed, at birth, all people are endowed with a blend of four basic sub traits, categories or directions in life.....but as in a stew one or more traits usually rise to the top. One always stands out more than any other and becomes our true nature. Depending upon which trait rises to the top, I call these people:

1)"**The Sensual**" (embellish the emotional aspects of life.... these feel the need to give even when not receiving emotions back)

2)"**The Intellectual**" (readers, learners, dreamers..... enthralled by love but can't always express that love to a partner)

3)"**The Materialist**" (into acquisitions, things they can own..... buys their love gifts, furs, jewelry, mostly incapable of showing or giving the emotion level in return to their partner at the higher level)

4)"**The Egotist**" (into themselves, their own needs, conquests.... takes all that they can but feels minimal emotional desire to return it)

A true Egotist, by nature, can never be truly Sensual nor can a high-level sensual person be an egotist. It's an Oxymoron! "The Sensual" feels the need to give even if not

receiving back, while "The Egotist" tends to only take without the need to return. It's like a seesaw...as one goes up the other goes down.

Another way of looking at sensuality is it's through its emotional aspect. I feel there are 3 different emotions within any relationship that have nothing to do with each other.

There is:

- 1)"**Attraction**".....Emotional attraction...with many stages that may occur....liking, friends, lust, infatuation, then maybe "Love."
- 2)"**Sexuality**".....The physical act of expressing emotional physical needs.
- 3)"**Sensuality**"..... Awareness of those emotional feelings.... not what you do but how you emotionally express yourself doing whatever you do.

One's sensuality creates an invisible "Aura" that emanates from one's body depending upon one's emotional level, similar to heat rising from a toaster, yet searching for another's "Aura" in return. Every person radiates that aura regardless whether they are happy, sad, or angry. The strength of that "Aura" depends upon the level of sensuality they were born with.

As Tina Turner so well put it, "What's love got to do with it?"

In a "relationship" you don't need to have love or sensuality to have sex. You don't need to have sensuality or sex to love someone. You don't need to have to have love or sex to be sensual with someone either.

What makes a great relationship is to have all three at or near the same level as your partner needs. When all the cosmic tumblers fall into place, it's not "Having Sex," you're "Making Love!"

Your "Aura"

As stated in my previous chapter, I believe one's sensuality creates an invisible "Aura" that emanates from one's body. It's similar to heat rising from a toaster, yet searching for another's "Aura" in return. Every person radiates that "Aura" regardless whether they are happy, sad, or angry. The strength of that "Aura" depends upon the potential level of sensuality they were born with.

You may ask, "What is this "Aura" how do I see or feel it?"

Well the answer is harder to explain than to demonstrate. No, it can't be seen, but it can be felt! It is that intangible feeling!

Try these exercises:

- 1) Place your hands like this with fingers touching.



- 2) Now place your hands, one above the other wide apart like so.
Close your eyes and move your palms closer very slowly without touching palms.



While doing this, eventually, you will feel a warmth from your bottom palm. Redo this a few times and you will feel this warmth with your palms further and further apart.

Now that you have sensitized your hands to some degree, try this exercise:

- 3) Place your hands side by side as shown below, fingers together, palms wide apart. Next, close your eyes and move your palms closer, very slowly, without touching.



While doing this, eventually, you will feel the warmth from each of your palms. Redo this a few times and you will feel the warmth with your palms much further apart. Strangely, in time, you get so far apart that you wonder if it's the warmth or "Something Else" there.

That "Something Else" is your "Aura" emanating from your body. If you divide the distance between your palms in half, that distance is how far your "Aura" emanates from each palm. The more you try it, you become more aware of your sensitivity and the wider apart you will feel that "Aura."

Of course, many skeptics will say, "It's just the heat from your hand" or "you're imagining it." Some believe it emanates from one's soul and leaves the body when one passes on.

I say, experiment this a few different times and decide for yourself.....

Try it with a member of your family or a friend to see what results you attain.



Enjoy these exercises, keep an open mind, and a smile!!

"Love"

I've learned over my life, "Love" is an abstract, personal emotion. One can love a child, a dog, a friend, a relative, an object.... all can be loved and yet, all are loved differently.

When it comes to personal relationships, "Love" is not always being "In Love." It can start as a friendship, may grow into infatuation with some feelings of love. Less than often it gets to being "In Love." It can also start as lust which rarely goes anywhere because you rarely get to really know each other except in bed.

“Love at first sight” in reality is not "love" it's only infatuation. You know only that there is some emotional connection, yet, know little or nothing of the person beyond that. Love is like a seed...planted, and if nurtured properly...grows into a strong but fragile plant.

A "Love Obsession" is not really love but becomes a materialistic feeling of "ownership" where realities can be blinded.

Unconditional Love???

The reality is, there is no such thing as "Unconditional" Love. With "**ALL**" Love, unintentional or not, we place conditions attached in one form or another. Most parents say love of a child is unconditional. It is true to some extent but, even then, many parents, with multiple children, don't always love each child exactly the same. At times, that "unconditional" love diminishes when long term problems arise. (drugs, jail, etc..)

Everyone's definition of what love should be, or how to love is as different as their perspective on life.

Sensuality is truly “unconditional.” You are born and die with it...whether alone, walking in a crowd, or with someone you don't like...you can't turn it off....happy or sad you are still sensual within your potential level....all you can do is try to suppress when unhappy to a small degree. Not until death, the "Aura" of Sensuality still emanates from one's body.

When in a loving relationship, and the two are at similar levels of emotional need (sensuality), the love returned is felt by both, is a truly beautiful thing.

Whether "In Love" or "Feel Loved," it doesn't guarantee that your relationship will last. It only means you "**may**" be emotionally compatible. Unfortunately, being "In Love" is not enough to keep a relationship going. You can love someone dearly but you don't feel the love equally returned by your partner. You can love a person but in time you find because of some other traits they possess you can't stay with them and the

"Love" ebbs and dies.

As I said, when a relationship is good is beautiful, but when it ends, we can't always deal with the hurt. Unfortunately, "No One" is exempt from a lost love.

"Friendship vs. Love"

*Friendship is a quiet walk in the park
with the one you trust.*

Love is feeling as if you are the only two around.

*Friendship is someone gazing into your eyes
and your knowing he or she cares.*

*Love is someone gazing into your eyes,
and it warms your heart.*

*Friendship is being close even
when you are far apart.*

*Love is still feeling his or her hand on your heart
when the person is not near.*

*Friendship is hoping that he or
she experiences the very best.*

Love is bringing him or her the very best.

Friendship occupies your mind.

Love occupies your soul.

*Friendship is knowing that you will always
try to be there when needed.*

*Love is when giving up everything
to be at his or her side.*

Friendship is a warm smile in the winter.

*Love is a warming touch that sends
a pulse through your heart.*

*Love is a beautiful smile to which nothing compares,
a tender laugh which opens your heart,
a single touch that melts away your fears,
a smell that reminds you of the tenderness of heaven,
a voice that reminds you of the innocence of youth.*

Friendship can survive without love.

"Love cannot live without friendship."

Unknown Author...

"Relationships"

Know "Yourself" First!!!!!!

I can't stress how important it is to..."**Like yourself!**"
If you don't "Like" yourself, how can you truly like or love anyone else?

You first have to know yourself. By this I mean you have to know what you are looking for. It's obvious you want someone can be a friend, someone you feel comfortable with. One you can trust and talk to.

Now, do you want a Long-Term Relationship, someone to marry? A 24/7 person? Do you want someone to be with and still have your freedom? Do you want just a sometimes relationship for convenience?

Compatibility?

Caring: Feeling or showing care and compassion.

Love: A profoundly tender, passionate affection for another person.

Comfortability: Being in a state of physical or mental comfort; contented and undisturbed; at ease.

One also has to realize...if a person is totally emotionally compatible with you it still doesn't mean you could live with or marry them. You can love someone completely and still find something in their character that you find too much against your ideals so you can't marry them.

Age difference isn't a problem when looking at sensuality. It's the matching of the levels that matter. If levels are right, it has the potential to be wonderful for as long as the two want the relationship to last regardless of age.

Remember, in a "good" relationship, you start as friends.... then, it "may" go to infatuation, and only "maybe" to loving each other. To be true lovers you must be friends first!

In any relationship there should be respect, caring, as well as a lot of communication. A relationship is "mutual"...meaning sharing the friendship, good times and experiences as well as the bad. You feel wanted for "you" being you...not just because of what is physically done.

Relationships without friendship are usually impersonal, cold, robotic, and minimally affectionate. (Don't confuse sexuality for sensuality!)

Think about all the people you have dated...then think of why the relationship ended. If you're honest with yourself, you will say most of the time it was because you were at a different level of emotional need than your partner.... then, it just all fell apart. It is also just as true when dealing with friends and acquaintances. Your closest friends are most likely closer to your level of sensuality.

A person has to understand who they are, what are their real needs, (emotional and physical), and what they honestly expect out of the relationship. Try not settling for someone less than your emotional needs. This way you don't waste their time as well as yours. If you do settle you will be the one hurting emotionally in a very short time.

Also remember: People do not change unless they feel a need to or are forced to! Once the force is removed, they revert back to what they are comfortable.... and unfortunately, if they are not sensual enough for you, sadly, **"NOTHING"** you do will make them so.

Emotional Suppression = Wham-bam-thank-you-ma'am

Most (no, not all) men...except those "raised" in some of the eastern religions and a few others...are taught from birth to suppress their emotions. Don't cry! Don't be immature! Be a man! Be macho! Don't be a wimp! So, they grow up not understanding their own emotions.

You can go to a library and school to learn sex education. You can't learn sensuality. So, a man comes of age thinking a sensual woman showing affection, wants sex. Even a sensual man, unless he has the understanding of sensuality in the past, equates it as wanting sex. Uninformed of their own emotions causes many to have only sex then roll over emotionless leaving their partners emotionally hurting. Thus, quoting an old military expression, "Wham-bam-thank-you-ma'am"

I've looked and learned over the years an interesting concept. "God" gave only some the gift of high sensuality. (or however you believe mankind was created)

Not everyone has, appreciates, or understands it. So, some get jealous, insecure and distance themselves from sensuality. (as someone having a plague)

Many mental health professionals who are not at high levels of sensuality see sensual people as overly **"needy."** Many because they themselves can't feel emotionally what overly sensual people feel.

As previously stated, **"What you don't need, you don't look for, nor do you give back what you receive."**

If, in the marriage/relationship, one partner is the more sensual of the two, and the other finds him or her too emotionally overbearing, the problems begin. The lesser feels there isn't any way to satisfy the partner's needs so they feel low esteem and shut down emotionally. The partner who is more sensual also feel hurt from the lack of affection and shuts down too. This causes both parties to feel anger and bitterness toward each other and probable verbal abuse.

Emotional Mismatch

A relationship based on communication and honesty is usually a strong one but not always enough.....a relationship must also be made with close, if not equal sensuality levels.

I truly believe most marriages (not all) are made for the wrong reasons....and not for the equal levels of sensuality. Love is wonderful but, if it can't be expressed to your partner in ways they feel "loved," then "Love" sadly is just a word.

The former New York phone company NYNEX, in their advertising, once used the phrase "Talk Is Cheap." It is a statement so very true in many situations. What you say means "nothing" if you can't show it with actions of the mind and heart.

You can "Love" someone but, if you don't express it and your partner doesn't feel it, saying "I love you" means nothing but words! Without both feeling loved in a marriage, the certificate is just a piece of paper with religious, moral, and financial fears keeping the union together as well as worrying about their children's future.

The effects of "Emotional Mismatch," can be minimal at first. When things are going good in a relationship, we tend to overlook the little things that would normally bother us. There is some level of "comfortability." When things get strained, due to things like lack of affection, financial, or overwork, problems will arise.

Usually, the one who is more sensual feels that lack of affection more than the other. If the two don't discuss the problem right away, with some compromise, then it starts to grate on that person. Soon little things, that prior wasn't so important, now come to the forefront and irritate that person. Eventually, and probably unintentional, these tensions cause a level of animosity, that often, start arguments...some very loud.

If those problems still don't get addressed or can't be compromised to the agreement of both, then the arguments become more often and more verbally abusive. Hopefully, one or the other doesn't have physically abusive tendencies. It is at this point it would be advisable to seek outside help either by a family member, religious leader, or a professional trained in dealing with these problems.

Unfortunately, all too often, one partner or the other will feel nothing is wrong and outside help isn't necessary. These people may or go for a few meetings with a closed mind feeling "it's not their fault."

In reality, "Fault" is not the real issue. The pressing issue is to find some middle ground where both can be comfortable with each other again. "**Nothing**" can be done about the different levels of sensuality but what can be attempted is to bring the two back to the levels of "Comfortability" they had before the problems arose.

If the levels are too far apart, and they don't get outside help to try to find a compromised level of acceptance then the marriage/relationship falls apart. It's not right but it does happen. Remember, we are born with potential levels of sensuality. We can't change them only reach these potentials.

Comparisons

Something to think about.... Except for the first-time relationships (i.e. teenagers), good, bad, or unfairly, most people, male and female, tend to compare the sensual and sexual a present relationship to past relationships. If they feel they had worse relationships in the past, they may be guarded somewhat until they feel more comfortable in the present. If they had a past relationship, they felt was better, they will always compare it to the present and feel something is missing. If it's sexual in nature, there usually can be compromises. If it's sensual in nature, it's hard to compromise if the levels are too far apart.

At the End, it's "The Cup is 1/2 Full 1/2 Empty" scenario.....

One person feels the hurt but, in time, accepts the fact they had good times together for as long as it lasted. They understand it was an overall good experience. It just didn't work out for one reason or another (without pointing fingers) keeping it as a learning experience and move on to a new relationship.

Another person sees only the hurt. They hate their partner and themselves for having the relationship to begin with. They totally reject and deny the months or years of good happy times and see only the memories of the breakup, packaging it as a total loss and waste of life's time. It's what I call the "**Martyr Syndrome.**"

Most, who see their lives this way, wallow in their hurt, blame the world for their fate, learning nothing about themselves, relationships, nor love. They can't move on. They become over protective of themselves and insulate themselves from others so the chance of getting hurt in the future is minimized. (so are the chances of meeting someone who will make them feel whole again)

Falling "In Love" is a normal behavior. To believe all loving relationships end happily isn't realistic.

Not by choice, I've been very close to death many times in my life. I've realized how short it really is. It's too short to dwell on only the bad times of a relationship. If you think in advance you will get hurt you have already killed the relationship before it started.

As the saying goes, "Tis better to have loved and lost than never to have loved at all"
(Alfred Lord Tennyson)

Love is such an important experience that, even the pain of losing someone you love is better than not having loved that person. I truly believe, it's far better to have found happiness and love (for however long it lasts), than not to try to have felt that love at all.

Remember, regardless who you enter into a relationship with, even if you are "in love", there will be good and bad times with no guarantees. A single man can hurt you just as easily as a married man. If you fall off a bike, you don't stop riding. You get up and move on with it.

Enjoy your life, enjoy the good times of any relationship. If it doesn't work out, then it wasn't meant to be.

Carpus Diem!
(Seize the day!)

"Emotional Fixes"

The Ideal Fix

As I've stated before, when a relationship goes bad emotionally, ideally, the two parties should try to talk it over and come to some sort of compromise. They may ask a friend, to be a go-between to help with the discussions. If neither works, then they can go their separate ways.

In a marriage, it's not so easy. As with a relationship, ideally, they should try to talk it over. If that doesn't work out, it would be advisable to seek outside help either by a close friend, family member, religious leader, or professional trained in dealing with these problems.

In an idealistic world, the relationship would be repaired, some compromise would be reached and they would live "happily ever after."

The Real World

Sadly, we don't live in a fairy tale... we live in the real world. Many relationships are repaired or arrangements reached but as we see daily that's not the "Norm."

Many couples live day by day unhappy in their marriage. They are held together because of one or more of these reasons: Some feeling of love hoping the other will change, religious, moral, health, financial, children, guilt, or fear of the unknown if they leave.

A physically abused partner is often made to feel it's their fault for the bad marriage. They stay, partially for that guilt, and partially for fear of the wrath of their partner if they leave. Unfortunately, it usually takes some outside intervention before they leave.

If the emotional issues are not mutually resolved, then one party, or the other will look for other ways of feeling emotionally happy. Some dive into their work, others find hobbies, or join groups. Of course, there are those who go outside the marriage for the sensuality, affection, or sex. Things that they feel are missing from their lives.

The Alternatives:

Help!

Help for a relationship or marriage can come in many forms. Keeping an "open mind" and talking "together" with a close friend, family member, religious leader, or trained professional can often clear the air for change. The "trick" to this fix is such that both parties should feel they have a desire to stay together, agree there is a problem, and both try to work it out.

If the above "Help" doesn't fix the problems. The alternatives can hurt...

The Affair: Right or Wrong! (I know, I know, "Not" in all Cases!!!)

If it is a man who is at the lower sensual level.... To fix the self-esteem problem he turns to porn, chat sites, or goes out to find a woman. His picks are usually near or less than his own sensual level so he can feel good about himself emotionally and sexually. He doesn't have to prove anything to her or keep any standard of affection.

If the man is at the higher level, he will tend to go out to find someone more to his level so he can feel emotionally happy again. To him, it's not just the sex he's looking for...it's the sensuality he's missing and looking for first, then the sex.

In the case of the woman, it's the same. Unfortunately, looking for emotional happiness, if married, the double standards of society make it harder for the woman to find happiness. Mankind hasn't changed since biblical times. Ego still gets in the way and we haven't evolved away from that.

I'm "**Not**" saying it is right. I'm just saying, like it or not, it is what it is!

Most often these affairs lead to the end of the marriage.

Separation & Divorce

Some professional guidance can be very useful during these transitions.

When interaction with a partner causes constant anger, critical reaction to statements, the sound of their voice can feel like scratching nails on a blackboard, or contempt during your daily time together.... The marriage is probably over.... you just don't know or won't accept it yet.

Sometimes, it's necessary to step away from the problem to see it from another perspective. It can take the form of a trial separation. Time can be a wonderful healer. Time away can also give one insight of what feelings are left for their partner.

If all means of repair have proved to be futile, and the differences are such that there is no going back then a final break may be decided. For the most part families either go for legal separation then divorce, or right to the divorce.

There are some who stay married but live apart with their separate lives. They may keep the marriage going for medical benefits, financial/tax savings, for their children's sake, not ready for the divorce, or feel the divorce is not necessary.

Hopefully, if a divorce does occur, it is finalized with the least pain and anguish for all parties and their siblings.

"Dating Over 40"

Know "Yourself" First!!!!!!!!!!!!!!

Once again I can't stress enough how important it is to.... **"Like yourself!"**
If you don't "Like" yourself, how can you like or love anyone else???

You first have to know yourself. By this I mean you have to know what you are looking for. It's obvious you want someone can be a friend, someone you feel comfortable with. One you can trust and talk to, hopeful to find someone at or near your level of sensuality.

You have to realize that being over 40, you are in a different situation than you were in your 20's.

Women: Most men you date today will sooner want more than just friendship!

Men: A Woman wants friendship, then maybe, see where it goes.

Whoever you date at this time will either be a confirmed bachelor, divorced, widowed, or married.

Confirmed Bachelor/ Bachelorette: Is one who is set in his/her ways, very rigid, and not easily looking for someone to settle down with for some time.

If you're a woman, a Bachelor may not be a good catch if she has a family. Mainly because he is used to being alone, and will find it hard to share his time with her children or grandkids.

Divorced: Probably out of a long-term marriage and not looking to run so fast into a committed long-term relationship.

If a male, he may date several women to see what he believes he was missing, though the female may want a more monogamous man.

He/she will also probably have children, grand children and possible child support. Their family obligations "Will" take away some of your quality time.

Widower/Widow: If too soon after their loss, will possibly have emotional problems stemming from letting go and may want a replacement Long-Term Relationship ASAP but can have a hard time with their emotions. Patience is necessary for this to work out well.

Last of all, of course,

Married Man/Woman: This relationship, of course not conventional, can be a good Long-Term Relationship within the obvious limitations but gives you freedom. It's good for someone who wants minimal commitment, their "space", freedom to come and go, no one to move into his/her living quarters, or no one there 24/7. One must use discretion.

The Choice is yours:

Now, ask yourself, do you want a Long-Term Relationship? Someone to remarry? A 24/7 person? Do you want someone to be with and still have your freedom? Do you want just a sometimes relationship for convenience?

I've discussed this with many people, here is something that might help....

When looking for a potential partner...don't look for the traits you want. Instead try to see if there are any traits you really don't like in that person. If you look only for the good traits, they will blind you from the traits you might not like. In the beginning, when things are good, you will overlook the bad or irritating traits. If the relationship takes a turn, the really bad traits will irk you every day!!!

Communicate, talk, listen, ask questions relating what is important to your wants and needs. "Listen" carefully "how" they answer the questions.

Gut feelings are usually right. Listen not only to what they say but what they don't say that you really want them to say. i.e. if they say they like sexy women...do they mean sexual or sensual? If they say they only like to do only one thing ...they may be narrow-minded or self-centered. If they don't like clingy women... they may be self absorbed or just not sensual to your level.

Once you eliminate those with traits you don't want it will be easier to find what you do. By doing this you can weed out people even before you meet them. You may miss a few princes this way but you won't have to kiss many frogs along the way.

Gribbett.....

"Doing with Love"

Unfortunately, not all "Love" is as "Loving" as it seems....

First, I must say, there is nothing wrong with someone doing things "out of love" but, there is a group of people who are undemonstrative. They find it hard to express their feelings outwardly to their partner. Instead, they believe they are expressing their emotions by what they call "**Doing with Love.**"

"Doing with Love" Relationship: Doing things, for their partner, in the name of love but, one that is minimally/rarely physical nor passionate, where one or both partners define this as "True Love." If both partners find it acceptable so be it.

I'm well aware this form of "Love" can be debated upon over and over for decades.

The \$64,000 question: In a marriage or long term relationship, since there is minimal physical interaction or passion, realistically, is "Doing with Love" really expressing "Love?"

If both partners find it hard to express their feelings, their emotional levels are equal, and rarely have a problem.

When unequal levels exist, when one partner doesn't feel that "Love," is it really "Love," "Compassion," or just a level of "Comfortability?" The usual outcome is where one doesn't feel the other is really "In Love" with them!!!

Unfortunately, many undemonstrative men believe they are showing their love by working long hours, putting a roof over their wife's head, and paying the bills. Understandably, their partners don't feel the needed emotions supposedly generated by it and problems will definitely arise.

Similarly, many undemonstrative women believe it is easier to "Do with Love" than express it. This creates different problems in relationships. If they are living together, probably, the relationship will eventually end without the emotions.

If they are married, it can pose an interesting question to the wife...

What are the differences between a Partner "Doing with Love" and just having a Hired Housekeeper/Nanny?

Obviously, this wife would usually respond, "I do everything with love"

To some, the answer to the question, sadly, is not as obvious as it seems....

Maybe, by seeing the differences charted, it might help these people better understand what I am saying. **Please see an example on next page**

Interactive Relationships

Female Partner (with/without a Career) vs. Hired Housekeeper/Nanny

Passion/Physical Interactions	Emotional Interactions	Housework Childcare	Sharing Duties
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1) A Tenant In The House (separate apartment/space)

Partner:	none	cordial	none	maybe
Housekeeper:	none	cordial	maybe if paid	maybe if paid

2) A Boarder (living with you)

Partner:	none	cordial	Maybe: Laundry	maybe a few
		maybe compassion	maybe Cooking, Cleaning	
Housekeeper:	none	cordial	maybe if paid	maybe if paid

3) Family Member (living with you)

Partner:	maybe kiss or hug	Doing out of love compassionate	Normal Work Cooking, Cleaning	Normal Work
Housekeeper:	none	cordial	Normal Work	Normal Work

4) A solely "Doing with Love" Relationship

Partner:	Rare expressions of affection (if any!)	Doing with love	Normal Work	Normal Work
Housekeeper:	none	cordial	Normal Work	Normal Work

5) A so called "Normal" Relationship/Marriage

Partner:	Outward expressions of affections/passionate Kissing, Hugging Cuddling, Lovemaking Holding hands in public Foreplay, During Play, After Play	Doing out of love compassionate	Normal Work	Normal Work
Housekeeper:	none	cordial	Normal Work	Normal Work

Passion/Physical Interactions	Emotional Interactions	Housework Childcare	Sharing Duties
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The List

If you're not sure of the results from above explanation, make this list.

- 1) Take a sheet of paper 8.5" x 11" fold it into 3 columns. At the top of column #1, put the word "List" At the top of column #2, Place the word "You" At the top of column #3 place the word "Partner"
- 2) Now, in column #1, Make a list of things you believe you are doing to show your partner love.
- 3) In column #2, (to the right of each task in column #1) place an "A" if you feel this "LOVE" "Throughout" as you the task. Place an "S" if you only feel it "Sometimes." Place an "R" if you "Rarely" feel that love. Place an "N" for never.
- 4) In column #3, (to the right of each task in column #1) place an "A" if you feel your partner should feel that "LOVE" Place an "A" for "Throughout" as you the task. Place an "S" if your partner should only feel it "Sometimes." Place an "R" if your partner should "Rarely" feel that love. Place an "N" for never.

If you're still not sure what I mean here are some examples:

(For Stay Home Women/Men)

Doing With Love When You feel the love When Partner/Spouse Should

Cooking	R
Cleaning	S
Laundry	N
Food Shopping	A
Sewing & Ironing	N
Picking Up After	R
Driving to Appointments	S
Writing the checks	R
Gifts	A

(For Working Men/Women)

Doing With Love When You feel the love When Partner/Spouse Should

Working (all day)	R
Paying the Bills	N
Driving to Appointments	S
Repairing around the Home	S
Vacations	A
Helping out at Home	S
Family Obligations	S
Picking Up After	R
Gifts	A
Hunting, Fishing (for food)	N

Now Continue The List:

- 5) Now here comes the interesting part. In column #1:
- 6) Cross off any items that you would have done for yourself if living alone.
- 7) Cross off any items that you would be doing for you siblings living with you.
- 8) Cross off any items that you would be doing for a close friend, or family member, living in your home if he/she were unable to do it themselves, i.e. elderly parent.
- 9) Cross off any task that a hired person would be able to perform in your home.

Nothing left not crossed out on the list??

If your partner is comfortable with the above then you are “**Extremely Lucky!**”

The Question Was:

"What is the difference between a Partner and a Hired Housekeeper/Nanny?"

The Answer:

For most parties, in a “loving” relationship, what should be left not crossed off are: Regular expressions of love and affection, physical intimacy & passion. Whereas, that is not shown by any hired individual.

Seriously, think about it!

You don't get affection from someone you hire nor from someone just "**Doing with Love.**" Definitely not if there isn't physical interaction!!

Is it truly "**Love**" if you don't feel it from your partner or is it just a "**Level of Comfortability**"???

"Don't Need Anyone" (Else in My Life)

In many cases, with changes in our society, diversions on the Internet, and new inventions, the desires for relationships aren't as important as years gone by. As we get older, we see more and more of our single, divorced, or widowed friends and family falling into this category.

Love re-distribution:

Many singles become disenchanted with social media, mixers, online dating, and the like. Instead they re-channel their emotions toward other options. I won't say less emotional demanding or intimidating but easier to deal with i.e. their careers, friends, family, grandchildren, internet diversions, hobbies.... etc....

From my own observations, for the most part, whether having a career or not, a woman is closer to her family, children, friends, and may devote a lot of time into her hobbies/organizations. When married, she didn't see her husband for hours a day so put her energies into the other outside resources as stated above. Once single again, regardless how her marriage was or why it ended, it's easier to rely on these outside stimuli.

Most men are used to working most of the day coming home and feeling the need for companionship. Friends, family, and hobbies are fine but don't satisfy the male the same as it does a woman.

I've seen, over time, when some single women stop dating, or don't date often, it becomes less likely they will desire having someone around more than just a friend. On the other hand, most single, divorced, or widowed men will continually look for that someone to date.

"The Bottom Line"

After all is said and done, regardless where you fall on the scale of Sensuality, Love, etc., the most important road to harmony & happiness is that both parties are “at or near” the same levels. If not, as previously stated, one party or the other will always feel something is missing in the relationship, friendship, or marriage.

Of course, there are always the external traits, behaviors, quirks, & disappointments we all have that could disrupt any relationship. With some emotional equality, while emotionally happy with our partners, we tend to overlook or lessen the importance of many potential problems. We find common ground, the “level of compatibility.” Without it, all the external disruptions can seethe and fester inside till one is fed up with the other. As previously stated, "What you don't need, you don't look for, nor do you give back what you receive." You can't force someone to feel or do what they're not comfortable doing.

I hope it has made the reader understand “Sensuality” (feelings, emotions, affection) better.

There are so few things in life we really have any control over. Worrying or concentrating on the unimportant things in life is a waste of everyone's time. Spend your time dealing with the few things in life you really do have any control of.... put aside the larger group of things you have no control at all.

Life is far too short! Enjoy it the best you can without hurting your “Better Half.”

Carpus Diem!!!!!!!!!!!!!!