

(Send letters to curious@safety.com or Agenda, 528 S State St #542, Ann Arbor, MI 48104)

This month I would like to share with you how I manage to stay in touch with my sexuality, pay attention to my husband and still get the bills paid, family cared for, continue with school, and serve my community with this column and monthly cable show. This ties in to a letter I received from Leon, a 70-year-old man who has continued to learn about sex since he was a child, and has raised his children to do the same.

Dear Safety Girl,

I have been able to catch your show quite a few times since it started. The other day I picked up a copy of the Agenda mainly to read your article. I found it very informative. I think a great deal of your information is especially good for young people to adults that haven't had the opportunity to learn things that they should have learned as children.

I'm over 70 and I started at six years old to learn all the aspects of love and sex. As I look back over the years, I think this education was some of the best I've ever gotten, certainly the most pleasant. I believe now that if parents were to teach their children these things, it would be very beneficial. It's too bad that in our modern world this is considered child abuse or something.

I have been a nudist all my life because I was raised that way. I'm also a member of the local club and AANR [American Association for Nudist Recreation, www.aanr.com]. We in turn raised our three children that way and it has had no ill effects.

You condone some things that I cannot accept at all. Although I know that people do them, I would have to give them a firm thumbs down and say so.

I have thought for a long time that I should drop you a line. Today is rainy so I took the time to write.

Sincerely,
Leon.

My Sex-Positive Leon,

For some reason, rainy days lead me to thinking about sex as well. Your frank and honest comments put a smile on my face. I only wish that others could be more like you, able to agree to disagree without trying to force things on others, or regulate the things they find unacceptable.

I strongly agree that "if parents were to teach their children about all the aspects of love and sex", it would save them from spending their adult years with lousy sex lives. Or risky sex lives, and possibly having to deal with the pain of working through the negative conditioning many children, including me have survived through. It is my personal feeling that if the adults have a healthy, active sex life then the children will benefit immensely. So, this month's column is for those people who could use a little nudge at reconnecting with their sexuality.

Sensually,
Safety Girl

What Makes a Good Lover

When your group encounters that seven-second interval of silence, throw this topic on the table and be prepared to write fast if you're taking notes.

Although there are an infinite number of responses to a question as broad as this, one fact can be certain; people speak from experience. My explanation of what makes a good lover comes from personal experience, having had both good and awful lovers qualifies me to take a position. A good lover has many qualities that are not limited to the bedroom. The time "lover" wakes up 'til the time "lover" turns in is the crucial period if, in fact, they are "good lovers".

Rise and Shine

First impressions will decide whether they have what it takes to be a good lover for the rest of the day. Being married, a mother, and a student, and working outside of the home, I know that responsibilities are many. How can a wife, husband, mother, student, and/or worker take the time to also be a mistress, lover, romantic, and a slut? Especially when you don't feel like it first thing in the morning, when you're chauffeuring, cooking, cleaning, absorbing the problems and tensions of the members of your household. When you consistently try to make life for your family secure, entertaining, educational, loving and spiritual? Where does being "good lovers" fall into these other more important issues? It starts with how you begin and end your day!

Being a good lover is not limited to sex. However, having the right frame of mind can do wonders for your sexual psyche. If you start the day by smiling at your sweetie, holding eye contact, giving them a tender squeeze, doing a selfless act for them to make their day go by a little smoother; your reward is a personal feeling of selflessness that can last as long as you let it.

This is where it starts; this is how you can progress to that lover, slut, and mistress mentality. It's a frame of mind. You can be "here", when on the outside you're tackling the acts of daily living. It's not a button you can turn off and on; it's not as easy as it was when you were a teenager with fewer responsibilities. Now that you have the right frame of mind, it's time to expand, to allow sexual thoughts to surface.

Daily Affirmations

A good lover thinks about sex. When it is included in your daily thoughts the transition to lover, slut, etc. becomes a natural step. Already having it on your mind triggers arousal, making you more apt to play sweetie's body as if it were an instrument. The gratification you get out of it is the playing, learning, and satisfaction.

For a lot of women in particular, initiating pleasure without the intention of having sex is a real turn on. It shows them that they can relax and enjoy pleasure without having to reciprocate at that moment. Learning what it is that will make them orgasm every time can transform your sex life, help you become more spontaneous in which places you have sex, and how often.

Being a good lover must include communication. If you can, talking openly about sex and encouraging each other to open up and express what turns you both on, opens the door to being in that frame of mind. Finally, how you feel about yourself will determine whether you have what it takes to be a good lover.

Accepting your body, finding the positive features, and believing that you are sexy are the stepping stones to freeing your sexual self. Being a good lover is more than having a solid hard-on, juice-soaked panties, or frequent intercourse. It has more to do with how you feel with and while apart from your sweetie and what you do to express this to them. ☑

THIS MODERN WORLD

by TOM TOMORROW

