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## Sex & Aging: What You Need to Know



There are a lot of assumptions and stereotypes when it comes to older people and sex. While many are too embarrassed to talk about the sexuality of older generations, 70-years-old Gary Douglas, author of *Sex is Not a Four-Letter Word but Relationship Often Times Is*, believes life is just beginning.

Having counselled couples around the world on how to get the spark back, Gary chatted with us about sex, aging and how to enhance intimacy in the Q&A below!

### **Sex & Aging: What You Need to Know**

**MG: What is the biggest misconception that people have about sex and aging?**

GD: People have a misconception that you have no interest in sex as you get older. The reality is that you've had so many bad experiences and you've divorced so much of yourself that you try to make sex not a necessity or non-existent for you at all. You've got to get over the bad experiences and go to the question – "ok, what would it take to get a good one?" "What would it take to get a good relationship?"

I spoke with a lady the other day who had sex with a man after not having sex in over a year. She had sex with this man and she said "oh my god, I didn't know there were kind men in the world. This is the first kind man I've ever been with."

You know what? There are kind people out there and you have got to ask for who will be easy, who will be fun and who can I learn from?

You have many bad experiences that you say "I don't want to feel that way again" and you quit on your sexual energy. Our bodies need to feel orgasmic and when you don't increase your sexual energy you are just shooting your body and killing your body and making it go away. Make every experience you have an orgasmic one. The clothes you put on should be an orgasmic experience, jewellery, the way you walk, the way you talk, food, all of this should be the orgasmic elements of living. Because if you do it from there, your body will not cease to exist and will not try to become old and aged before its time.

### **MG: Are there any differences between women and men sexually as they age?**

GD: A lot of women suddenly have a level of freedom once they reach menopause because they don't have to worry about pregnancy and so for some women it's a great sense of a peace for a different possibility. And for some women they have the point of view that they don't have to have sex anymore but once again that's predicated on the experiences we've had in life, whether it was good or bad. We need to go beyond the good and the bad of the things and start to look at – "What could I create if I was doing it my way?"

And for men, if they've lived with a woman who nags them all the time, that tends to kill their sex drive and their willingness to desire sex. They will tend to turn off from that. So, ladies, if you want a stallion in the bedroom, don't cut is testicles off in the kitchen!

### **MG: What is the biggest mistake or hurdle that prevents people from achieving true intimacy?**

GD: There are five elements of intimacy – Trust, Honour, Allowance, Gratitude and Vulnerability. If you are willing to be vulnerable, it means you don't put up barriers to the other person. The way you get there is by destroying and uncreating everything your relationship was yesterday, every day and by doing so, what happens is you are on the creative edge of creating your relationship every day and you don't come to conclusion about what it is and what it is meant to be. Whenever you have a projection or an expectation or separation or a judgement or rejection of somebody, you actually eliminate them from your life in order to create what you've decided is your life. If you're doing that with a partner, then intimacy disappears. The moment you have a judgement about somebody your intimacy is gone because intimacy can only be created without judgement. To honour somebody is to treat them with regard to treat them as you would want to be treated and not as you've been treated. Treat them the way you should treat them instead of thinking they are some kind of appendage. In most relationships what I see is either the man or the woman starts treating the other like they are some kind of appendage that they have the right to slap upside the head anytime they are irritated about anything. Trust is not having blind faith in the person but trust that they're going to do what they're going to do. If a man doesn't put down the toilet seat, then you can always trust that he won't put down the toilet seat, don't go in there expecting him to do it.

### **MG: What advice do you have for aging couples to maintain a healthy and happy sex life?**

GD: Recognise that sex comes from a willingness to have it and if you're an older couple – walk down the street with your man and suggest – "hey, would you like to have sex with that young girl?" You'll get him rewed up, you'll get him horny and then you get to go home and take advantage of him. Use your man like he is just this horny old dude who doesn't know how to do it unless he gets rewed up.

### **MG: So what can a couple do to enhance intimacy?**

GD: If you really want to enhance your intimacy, get up every day and create a list of what you're grateful for about your partner. If you do gratitude for your partner, you will be more present with them and if you're more present with them, you have intimacy. Presence with somebody is intimacy, not putting body parts together. If you want real intimacy be in total allowance of who they are, have no projections or expectations and be grateful for every moment of them breathing because they could die tomorrow. If you weren't grateful today and you lost them tomorrow, how would you feel? Treat them today like you're never going to see them tomorrow and you will have a different reality.

