

Love, relationship,
quality sex –
the somewhat rare, magical triangle



PREFACE

Love does **not** hurt.

Relationship is **not** difficult.

Quality sex is **not** a witchcraft.

Nope, I am not crazy, simply this is my opinion based on a lot of personal and professional experiences of mine.

Yes, I know that it is against the popular belief, it is not what the mainstream and most of social media platforms are telling you.

Hi, I am Timea Styt, a relationship and sex coach.

Passionate about coaching, about people, about putting out some different ideas that I believe would help humans become more human and of their authentic self and connect to each other better, and to a greater extent.

On these pages I am going to tell you in detail what I mean by my boldly sounding first three opening sentences.

But before the dive, there are two things I must say:

1. This book is not exclusive to women, nor to men.

This is for everyone who is in an intimate relationship or wanting to be in one.

What I am about to say has nothing to do with gender, sexual preferences, ethnicities, politics, or anything similarly dividing stuff.

It is for all human beings interested in the possible upgrade of themselves and of their intimate relationship.

2. In case you haven't seen any of my videos or read some of my blog posts or worked with me already, basically if you know nothing about me, then I must warn you:

a., as for being politically correct: I am not.

What I am though, is straightforward and outspoken.

In my view and experience, being politically correct does not equal to being honest or being right, while not being politically correct does not equal to being rude or offensive, but by all means, politically correct diverts from real.

b., also, when you've been called a 'snowflake' repeatedly by different people because you imagine nearly all communication being an attack and so you frequently get upset, then likely, I am not the one for you ... unless you want to challenge yourself into discovering something that might even be helpful to you.

1.

LOVE DOES NOT HURT

Love hurts.

People talk about that in everyday conversations, we see that in movies, we hear that in songs, we read it in poems.

Someone is going through something difficult in their relationship that makes them sad, upset, worried and wants to talk about it, then more often than not family members, friends will say it as if it was any kind of comfort, 'well, this is how it is, love hurts'.

There are countless movies, where this notion is strengthened. The different characters in the plot will cry, scream, discuss in depth and/or get depressed over this.

Thousands of songs, where singers of different eras, from different cultures, from different genres are singing this to all, around the world.

Poets from all historical periods who are pouring this into words, give us those beautiful and heart-breaking poems.

Only that it is not so.

Love does not hurt.

Love, by definition, is 'an intense feeling of deep affection or is a great interest and pleasure in something.

Being in love is feeling deep affection for someone, liking or enjoying something very much.'

How could that hurt?

Feeling deep affection, having great interest and pleasure, liking, enjoying someone very much, well, all these are high vibrational, positive feelings. None of them are hurtful.

Also, love has positive effects both on the mind and on the body.

Simply, yet a bit more scientifically, love causes euphoria that releases dopamine and raises oxytocin level. The combined effect of these two hormones means improved mood and less stress.

Love boosts passion, making one want more sex. Sex boosts the production of above mentioned two hormones, plus androgens that include testosterone too. Sex has plenty of health benefits, a few of them being decreased risk of heart disease, lower blood pressure, improved immune system, lower perception of pain, faster recovery from illnesses and so on.

And when people who are in love are having sex, these positive effects multiply.

So, once again, love does not hurt.

Then why is this wildly popular wording?

Because such wording sounds more emotional.

Because such wording is affecting people more.

Because it is easier to blame love than find and deal with the real causes, reasons.

Because in general people suck in expressing themselves and in communication.

Then what is that really causing the hurt?

It is not love what hurts but it is the lack of it.

It is not love what hurts but it is when love is not reciprocated.

It is not love what hurts but it is when love elapses.

It is not love what hurts but it is when one loses the loved one.

2.

RELATIONSHIP IS NOT DIFFICULT

Relationships are difficult.

This gets rammed into people by family and friends who are having a difficult one.

This is all over every social media platform by those who are suffering in one, by self-proclaimed gurus who are offering solutions for 'this problem' and by experts too who see it, say it differently than I do.

This is what gives the main story line to many books and films.

How I see it is the contrary, relationships are not difficult.

What is a relationship?

It is by definition 'the way in which two or more people are connected, or the state of being connected'.

What is difficult about two people in love being together?

They are mutually in love and have decided to be together.

In a relationship one wants to give/show/share the best with their partner.

In a relationship the parties want to love and be loved, to be there for one another, to support, to care, to make things easier.

Of course, I am not talking about any kind of a forced connection.

Though there are many examples out there that even arranged marriages can turn into beautiful, fulfilling relationships.

Benefits of a relationship include better physical state, healthier behaviour, longer life, greater sense of purpose, boosted immune system, more self-esteem, emotional support, better productivity.

Then how could the relationship be difficult?

It is not.

3.

QUALITY SEX IS NOT A WITCHCRAFT

Sex was made to become this guilty pleasure, this mystified, vilified, hush-hush 'thing' that we do not talk about, that we do not educate on, that we have no open, honest communication about, that we do not help teenagers to learn, discover, understand about, that we do not help adults to get better at. It got so sick that on many social media platforms you can't even write or say the word.

Yes, I know there are options out in the world that when one wants to, and masters up the courage for it, then can find some kind of support, help. Only that is a very slippery road as there is so much crap out there, and one easily can get to a much worse situation than where they were coming from.

On a system level, in official education and in the media around the world is where the change needs to happen.

Human beings are sexual beings by design.

Of course, as with anything else with people, the importance of it varies from 0 to 10, and yes, there is nothing wrong with zero interest, as there is nothing wrong with a maximal interest.

To some extent sex comes naturally to us, people figure out more or less about it throughout their lives.

It is worthwhile to know though, sex does not equal to the missionary position and sex is a learnable 'craft'.

Yet it is not a mystical witchcraft what some are trying it to sound like.

Sex also has plenty of health gains.

Some of the science backed ones are that it reduces stress and anxiety, boosts mood and self-confidence, increases libido, improves memory, improves sleep quality, regulates the menstrual cycle, reduces risk of prostate cancer.

From sex, as long as it is in between legally aged, consenting people, everyone can benefit.

Sex is not the villain.

Quality sex is not an unattainable witchcraft.

4.

THEN WHAT IT IS ALL ABOUT?

Love, relationship, and sex are all emotions felt by, and actions done by people.

All the love hurts, relationships are difficult, quality sex is a witchcraft, an unattainable knowledge to the most, are all stuff made up, created, and used by people.

By people with negative experiences, by people who never lived the life, nor done the things that they really would have wanted to do or been with whom they really would have wanted to be with.

By people who were not, are not their authentic self.

By people who did not, are not taking responsibility for themselves, for their own actions or inactions.

Yes, what I am saying is, that it is not love, not relationship, not sex what the issues are, but it is way closer to home.

It is YOU.

'What do you mean? How can you say that? How dare you? Who the fuck you think you are to say such thing?' – sure, okay, hyperventilate, let your rage out, then have a big breath, maybe a sip of water and try to settle back to a functional state of yours.

None of my intention is to hurt you, blame you or bring you down.

On the contrary!

Why I am doing this, is for to shake you up, to help you to get a better understanding of these subjects through getting a deeper knowledge of yourself.

To give you some understanding that may help you to achieve what you were always longing for.

Are we OK?

Are you settled?

Can we move on?

Cool.

Let's do this.

5. **WHAT, WHY, HOW?**

Whichever of the three we are talking about; it is always about you.

When you are messed up in your head, out of balance, ignoring your heart and soul, not your authentic self, then whatever you do is just a show you put on for others.

Think about it!

You are with that person, because s/he has great life skills and so is able and willing to help you tackle life's challenges.

You are with that person, because your family adores her/him and you just don't want any confrontation, fights.

You are with that person, because you got used to her/him and you are sitting in a lukewarm something, only because you are lazy and kind of scared to tell them that you are done.

You are with that person, because you can't imagine how to be single.

You are with that person because once s/he helped you out big time and you still feel you owe to her/him.

You are with that person, because they are/were going through something big, and you feel sorry for them.

You are with that person, because you don't know how to tell them you don't love them anymore.

You are with that person, because you were told to be happy with whatever you get, sex is not important in a relationship.

You are with that person, because many things are better than in your previous relationship, so you settle, though on some levels you still are a lot/completely dissatisfied.

This list can go on and on ... the bottom line is, you are in a 'difficult' relationship because you have some selfish motives to be in it, because you don't know how to move on, because you don't want to hurt anyone.

Love is gone, sex is not satisfactory, the relationship is a depreciated version of what it once was.

So, you are lying.

First and foremost, to yourself.

And to your partner, to your family, to your friends, to the world.

You are living in a lie.

It is not that the relationship is difficult.

It is that you are not honest, not your authentic self.

It is not that love hurts, it is that your love evaporated, and you dare not to act on it.

It is not that quality sex is a witchcraft, it is that you are not paying attention to yourself, nor to each other.

6. FOR HOW LONG?

Love hurts.

You will feel it so, as long as you try to give it to someone who does not love you back.

You will feel it so, as long as the one you love does not love you back as you would like to be loved.

As long as you let yourself be told what love is and haven't got and live by your own definition of it.

As long as you don't know what you need out of a love relationship and keep adjusting to what you get at any given moment.

As long as you settle for less than what you want, less than what you need.

Relationship is difficult.

You will feel it so, as long as you are trying to have and upkeep one by anybody else's ideas and standards but yours.

As long as you are not clear on who you really are and what you want out of a relationship.

As long as your ego is larger and louder than your heart.

As long as you settle in one that you know is not what you truly want.

Quality sex is a witchcraft.

You will feel it so, as long as you are not accepting your needs.

You will feel it so, as long as you are not knowing your own body.

You will feel it so, as long as you let others tell you what you should and what you shouldn't be doing.

You will feel it so, as long as you let others tell you with whom you should be doing it.

You will feel it so, as long as you can't free yourself to enjoy, to give and receive pleasure.

7. **THE SOLUTION**

The fundamental solutions to all three statements I am discussing here, are the same.

There are two of them, and they work beautifully together.

Both can be achieved, regardless of your gender, your age, your background, your whatever, as long as you decide, it is time for you to live your best life yet. As long as you are ready to put in the time, the work, the effort to get what you really want for yourself.

The two magical solutions - that by the way will help you in many other parts of your life too, not only exclusively in love, relationship, and sex - are becoming your authentic self, and communication.

Yes, nothing you might have not heard before.

Except, if you are still reading, likely you have not mastered one or the other, or neither till now, as you seem to be still looking for solutions.

And there is nothing wrong with that, that is all okay.

We all perceive information (as well as) differently.

Which means that we often must hear and read the same kind of information, lesson several times, on different occasions, in different styles, until we come across an interpretation of it that makes our lightbulb shine brightly.

Kind of like with love, relationship, and sex.

8.

AUTHENTIC SELF

Nowadays you can hear this wording often.
But what does it really mean?

Due to it becoming a popular subject, you may find many different explanations of it across the internet.

Mine is, that when you are your authentic self, then you live your life by your own values and not by anybody else's. When you are true to yourself - your personality, values, heart, and your soul - under all circumstances. When what you say and what you do are in alignment. When you take responsibility for your words, actions, and inactions.

How does this translate into being one of the solutions for love, relationship, and sex?

Simple really.

When you were born, you were 100% authentic.

While you were brought up by your family, they taught you things that they believed in, what they thought were right and would serve you best in life.

The same happened in the kindergarten, in the schools you went to, your teachers were teaching and showing behavioural patterns, social norms and so on that they thought were right.

Through these processes and by all the many other influences, like friends, neighbours, the internet, social media, books, music, movies, and so on, that were and are reaching you, you became a version of all that.

And most of the time that is not who your authentic self is.

Some signs of you not being your authentic self can be that you don't feel well in your own skin, that you are only/mostly doing things to meet the expectations of others though it does not feel right to you, though it is not what you would want to do, that you are going along with things only to not hurt others' feelings, that you are keep comparing yourself to others, you feel more heavy than light, and so on.

Once you realise that this is the case with you, it requires some self-work to peel off all those layers, things that do not feel right to you, to find, to get back to your authentic self.

Through this work, you realise, the closer you get to the real you, the better, the lighter you will feel.

In relation to love, relationship and sex, you will get what you really need and want, only when you find out and dare to admit to yourself first what those things are, and then look for those in a potential partner, ask them from your partner.

Until that realisation of your authentic self, you will only be going with what is expected of you, what you were taught how those should be, what you think you have to be for your partner and others for them to be happy with you.

To love, to form a relationship, to have sex from your authentic being is a whole new experience, on a whole new level.

9. **COMMUNICATION**

The verbal communication is key.

With it we can express feelings, tell stories, express positive and negative experiences, explain wants and needs.

Through communication we connect to one another.

Except that most people are far from being an expert at it.

Which is a shame, and a reason behind many failed relationships too.

A shame, because it is also a learnable, very useful and valuable asset.

Also, because its absence makes amazing sex nearly impossible.

A reason, because when communication fails, that causes love and relationships to fail too.

Communication is multifaceted.

It includes everything from telling a silly joke to talking about a movie/book/piece of art, from discussing work matters to debating over what's for dinner, from sharing some of your memories that became important parts of you to explaining your views about whatever subject, from declaring your boundaries to asking for what you need in sex ... literally communication is to be about everything, all the time.

And the other, often forgotten, vital part of communication is listening!

It is not only about you talking all the time but it is about you listening to your partner equally eagerly, with an open heart, with full attention.

The communication I am talking about is the face to face, verbal kind.

In times of such a technical era, I must emphasise this!

Sending an SMS, any form of a short message, e-mail, meme, smiley or any of that kind can only compliment but never replace the in-person conversation, where you both are fully present, with maximal attention towards each other.

Of course, these in person communications are not across the table business negotiations.

They need to be integral part of your everyday life, so they may happen in the car while you are driving to do grocery shopping, in a restaurant when having a nice meal together, by the sea when taking a walk, at home while sitting next to each other on the sofa, or in the bathroom while relaxing together, or in bed before or after having sex, in the kitchen when cooking together, basically anywhere, at any time.

Communication needs to be back-and-forth and ongoing.

It is not enough to say something once at the beginning of a relationship and never repeat it or talk about it ever again.

For one, it is because everyone changes with time, and that is just fact.

So, it is absolutely normal that one's taste, likes and dislikes change. And to assume that your partner can follow all that just because you live under the same roof, is foolish. One of the craziest shit I keep hearing is: 's/he should have known this'.

No s/he cannot. You must keep saying, sharing such changes.

It doesn't matter if it is about your diet, preferred exercise form, movie genre, or the way you would want to have sex, if your aim is an ongoingly mutually satisfying, love filled relationship then you must keep your partner updated about yourself.

Communication must flow, can't have big time gaps in between the last and the next one. That is not only that it does not serve you, but such neglect is a sure way to love/relationship/sex issues.

Communication is not a daunting task, but it is an amazing tool in life.

When you become good at it, with it you can make yourself seen, heard, and understood better, and you can connect to your partner more smoothly and more effectively.

10. NOW WHAT?

Now you have a few options.

1. You read all the above, shrug your shoulders and move on as it never happened.
2. You are thinking about what you just read and decide to do some more digging and will work it out what and how to do for yourself, by yourself.
3. It did touch some nerves in you, and you feel it is the right time to step your game up and you want some support/help in reaching the best possible results in the least possible time in your levelling up.

In case you are the third kind of a person, then I want you to know: to reach and enjoy every component of this magical triangle, to improve your life in general, there is no need of you to jump through flaming hoops, only you need to start working on yourself and maybe inspire your partner to do so too.

For this kind of work, I do believe coaching is the best way to get from where you are to where you want to be.

The reason for that is, that when you have a non-judgemental, impartial, fully committing, supporting 'outsider', the coach, by your side, then you have the best, most effective catalyst to reach amazing results.

When you are ready to take the plunge and you want to give a shot to working with me, contact me, we set up a free, no strings attached introductory call where we decide whether we are the perfect match on that adventure of yours.

Whatever your decision is, I hope you are moving forward in your life by doing everything in your power to make your life on your own terms, to do and be as it feels the most authentic to you.

Be unapologetic about it, be happy, keep your head up and enjoy the ride!

With love,
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