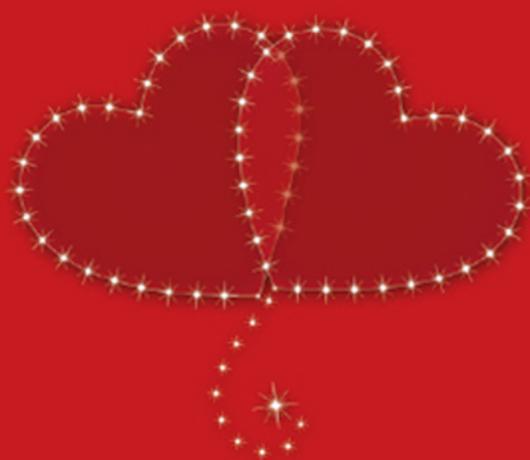


From Dinosaur to Dynamite

*THE SECRET OF
JOYFUL SEX*



Patricia Murray-Chute

From Dinosaur To Dynamite, The Secret Of Joyful Sex

**By
Patricia Murray-Chute**



Strategic Book Group

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Dedication

Dedicated to my mother—my role model, mentor, and best friend—who was indeed sexy at sixty and still could flirt with the best of them when she was approaching ninety!

To all the baby boomers who want to live a long life in the best of health, feeling strong and able to enjoy all the good things this wonderful world has to offer.

When my mother was sixty-five, she came to Australia with my father for a month's holiday with us. We spent a lot of time swimming, her favorite hobby as she was a diving and swimming champion, especially in the 1950s and 60s.

In a swimsuit, she looked no more than forty, and I recall looking at her and vowing that I too in twenty-five years time wanted to look that good and be that strong and healthy.

Even approaching ninety, she was still mobile, mentally in top form, lived alone with her faithful little dog for company, read avidly and had not only lots of friends and family who adored her but an old

lady named Rosa she looked after who was nearly one hundred years old!

My beautiful Mum sadly passed away after falling and breaking her hip as I was writing the last chapter of this book. It was nine days after my son's wedding; we all miss her terribly.

Acknowledgements

Thanks to my many friends whom I love and who have made my life such an enjoyable journey. I know I'll offend if I miss anyone but you all know who you are and what fun we've had. In particular, Marie Ashworth with whom I went to school, we also did our nurse training together, and many years later in Australia, she helped keep me sane during my pregnancy. We have always been close spiritually, if not physically, and she was my bridesmaid when Darryl and I married. We share so much and even have been mistaken for sisters, as we are not dissimilar in looks.

Special thanks also to Kerri-Anne Kennerley (of Mornings with Kerrie-Anne TV Show fame) who was not only my bridesmaid, but who also provided both the outfits they wore! Her darling husband, John, drove the bridal car (his own) and has always been a source of jokes and generally a wonderful friend to have. Many memories of boats and parties, long lunches, dinners, and more jokes. I met Kerri-Anne thirty-one years ago, and she has never changed from the beautiful, natural, funny, spontaneous person she always was before national stardom. She always has time for me, is the best friend anyone

could wish for, is completely unspoiled, and a credit to her close-knit, loving family.

Sandra Short, who first got me to use a computer sixteen years ago to be her dental nurse-receptionist when I wasn't either! Who taught me to not judge others whose lives were not as black and white as mine. She is not just my dentist, she got me to go to Vietnam with her to create a dental clinic for the street children, and then to give IV anesthetics for her practice in Sydney. One of the strongest, kindest, and most wonderful women I have ever met.

This list could go on, school friends, nursing friends here and in UK. Also employers and work friends, recent and past, and friends I've met through the International Coach Federation, Australian Board of Neuro Linguistic Programming, Life Coaching Academy of Australia, through to Tony Robbins courses and of course with my husband through music, Jazz clubs, friends at Toastmasters, and my son's friends and their parents.

I have several "adopted daughters" too: Sharon Kemp whom I met through nursing and who taught me so much about life, work, spirit, and starting a car with jumper cables! Deb King a fellow coach and fun friend, who coached me and got me to join BNI and Toastmasters, which changed my life. Sacha Crouch fellow coach, mentor, fun friend, who got me to join The Last Thursday Club, a great ripple effect of networking with Paul Jones, who was responsible for me joining The World Vision Family sponsoring children. Allyson Riley another coach and friend always there with me on seminar weekends, girls lunches, and morale-boosting sessions when the clients were few and far between.

Sandy Newton-Keanes from NLP training and Evolve Now in Manly with Pip Mckay who was also most helpful. Jenny Hughes, a best friend for thirty-eight years; Alison Marsh whom I met in Fiji at a Tony Robbins week-long event this year. She is a true kindred spirit and a genius with a camera. Andrea Dawson (and her mum Florence, who has sadly recently died) nearly forty years of friendship. Jan Hupfau, a good friend for thirty-eight years. Evelyn (Ebbs) Lundstrom, who gave me my first job when I got divorced, Di Brown, friend since our kids' Kindergarten days and Toastmasters icon, Penny Douglas from UK junior school and still see each other now, Penny Jones, Barbara Bench, Norma Morcam and all you other really dear friends who have helped me on my journey, forgive me for not giving you more recognition here, we'll party later! Di Ebbelwhite, my first real roommate and friend through the last thirty-nine years, who sadly died from cancer in July this year. Dr. Dianna Rubel, Sandra Peyrolle, Sally Page, Grace Spyrou, who made my wedding outfit when I married Darryl and when my son married; Sally Betalli, Leigh Henry, Muffy Churches, Jana Tsu-Jones, Di Wilson (my first coach), and last but certainly not least a good friend Shirley Stone, who is also my son's godmother and friend for thirty-nine years, my gym trainers, BNI members, a big thank you to you all.

Contents

Foreword	By Ita Buttrose	xiii
Preface		xv
Introduction		xvii
Chapter One	Life As I See It	1
Chapter Two	What is Sexy?	11
Chapter Three	Attitudes and Health	20
Chapter Four	Oral Gratification	39
Chapter Five	Sex in Love	49
Chapter Six	Life Plan & Partnerships	87
Chapter Seven	Eating for Good Sex	100
Chapter Eight	Exercise for Good Sex	128
Chapter Nine	Personal Growth Together	140
Chapter Ten	Overcoming Obstacles	154
Chapter Eleven	A Timely Warning	164
Chapter Twelve	Laughter for Good Sex	178
Afterword	By Antony Bell	184

Foreword

Many women complain that after fifty they become invisible. Well, I have the perfect cure for that complaint. Go to Italy! Italian men admire women of all ages; they are without peer.

All mothers should send their sons to Italy to learn how to appreciate the beauty and desirability in women throughout all the years of their lives.

I was holidaying in Rome when I was in my mid fifties with my aunt, who was then seventy-five.

“Those Italian men are staring at you,” she said quietly.

“Don’t be silly,” I replied. “I’m invisible.”

“Not to them you’re not,” my aunt replied.

I stole a look.

My aunt was right. I was being ogled AND so was my aunt—a good looking, snowy-haired man was giving her an approving eye.

Wow. I felt wonderful and so sexy. I glowed all day.

Many thanks to Ita Buttrose for that beautiful anecdote.

Preface

Thanks to my darling husband for whom I wrote this book and without whom I could not have done so. He makes me feel like a sexy woman every day and is the most generous person with his time and love, in and out of the bedroom.

The most fantastic person to share life's journey with, we never stop learning about life and each other.

In memory of my beautiful father, who had the best sense of humor I have ever come across and who always could defuse an awkward situation with an offbeat remark or his dry wit. The most honest person I've ever met and so humble about his exemplary talents. He made our childhood such an adventure and adult life joyful. I know it is only a vibrational frequency that separates us now.

For my gorgeous son who will be very embarrassed that his mother could write such a book. He is my greatest achievement and a constant source of pride and joy to me and to Darryl.

My hope is that he and his lovely new wife, Majella, experience the

depth of love that a long and happy marriage brings and that I have been so very fortunate to still have.

With love to my fabulous sister who put up with me as a precocious child, shared so many laughs with me about everything and learned about sex with me reading “Lady Chatterley’s Lover”. We even thought we could teach our mother about orgasms when we read about them as young teenagers thinking our parents would not have a clue. How mistaken can you be!

Introduction

One of the reasons I decided to write this book was that so many women I have talked to told me that they don't like sex.

Often we don't discover life's best gifts until we have been on planet Earth for a while; there are so many distractions. There is no time to go within, and so we go without.

The best gifts are wrapped in life's greatest challenges.

Just as the raisins are much sweeter on the inside than their smooth-skinned predecessors, the grape, often mature women are softer, kinder, and less judgmental (acidic) than their younger counterparts.

Until we make time to ponder, think, and meditate, we are at the mercy of all the incoming messages from numerous sources and unable to receive any input from the universe.

To this end, I have decided to put pen to paper to crystallize just some of my thoughts about life on this beautiful planet and the sixty-four years I have enjoyed playing at being a female "human" being, because I do believe that we are indeed just part of the game of life.

In fact, I think we are spiritual beings having a human experience rather than human beings having a spiritual experience.

This book applies to older women and also to those as young as in their thirties and forties, married or with a partner, and who are just not connecting the right way to enjoy a God-given gift of pleasure in the security of a loving relationship.

Why is this so? Often it is because of early menopausal symptoms, but with the right partner and a bit of consideration, this should not dull the joys of a good physical experience.

There are plenty of remedies in health shops and pharmacies. If good lubrication is the only thing lacking, it can often be stimulated by erotica, and there is always a good result with ample saliva.

Some women don't know what turns them on, and this is where good communication comes in; you have to tell your lover what you like (we are not all exactly the same).

This can be the best gift you can give your partner, nothing will please a man more than if he thinks he is a sex god who can turn you on and make you moan with pleasure at his touch. So tell him what to touch and where and how gently or softly or maybe more firmly. Go girl!

Sometimes we are different on consecutive days, which is why it is so thrilling and exciting. I love sex, always have, and hope I always shall because it is more natural and pleasurable than good food and wine.

The best things in life are free and apart from the romance of flowers, music, or a romantic dinner, sex is free too if you are in a stable relationship.

I say stable because I don't think one-night stands are good for anybody. They can be downright dangerous for sexually transmitted diseases; they also do nothing as far as emotional or spiritual values go.

With a background in nursing and midwifery, I have been confided in a great deal about what makes women sexually happy. It matters not if you are sixteen or in your sixties and beyond, age is not a barrier to joy and often maturity makes for a better experience. Personally I enjoy my sex life now more than ever, including the heady years of wild abandon in the sixties.

Many of my coaching clients have come to me with other issues but on closer inspection of their lifestyles, they have admitted that many of the problems come down to the age-old problem of differing levels of libido.

I hope this book will help dispel some myths and help more women to enjoy their sex life and have a lot of fun doing so! Sex is like food; nobody dislikes it if it is good quality and served in an attractive way.

This book is not for everyone, as Bill Cosby said once "I don't know what the secret of success is, but the secret of failure is trying to please everybody."

Chapter One

Life As I See It

That which your mind dwells upon manifests itself in your life. We can't think sick unhappy thoughts all day and expect to be a beacon of happiness for all those around us.

If we want to live healthy, productive, happy lives, it doesn't really matter much what your *genes* are, they do help, but most of it is up to the individual, and what they decide from moment to moment is what they are going to think, do, and say.

It is what you eat that goes on the hips that go into the *jeans* that can affect you later. I know. I lived in Italy for less than a year and came back two full dress sizes bigger!

When I was in my teens, I decided I would be an international traveler. Oh yes, I would be a nurse, but that would just be my ticket to the world.

People said back then that if you had a good professional qualification, the world was your oyster! Well I just loved pearls!

To be this jet-setting woman required a certain standard too. I joined a gym, (which were few and far between in the sixties in a provincial town in England), studied the fashion pages, and imagined the life I wanted to lead in great detail.

Books I read included *Your Word is your Wand* by Florence Scovell Shin who told me I could shape my world by my thoughts, and particularly, by my words. Currently I am reading a book by Deepak Chopra about age, *Ageless Body, Timeless Mind*, and he espouses the same message.

Recently I went to a seminar by Mike Dooley (he also featured in the DVD *The Secret* recently) who writes “Thoughts from the Universe” a daily email of uplifting prose. He also has a website with great Ecards and inspirational sayings, books, CDs, etc.

I have been receiving his emails for at least five years now met and even had dinner with him on his previous trip to Sydney four years ago. His basic message is “Thoughts become Things, choose the good ones.”

First thoughts, then words, and then, if we decide to act on them, deeds. This includes the way we breathe, the food we decide to buy, how we decide to cook it and put it into our bodies, the amount and type of exercise we take, and the people we decide to meet and mix with, cultivate to be our friends, live with and love.

You often hear people say you are what you eat, but you are so much more what you think about, minute to minute.

If you doubt this, make an effort to track your thoughts for a day. Write down all you think about!

This is very hard because we think thousands of thoughts, usually

the same old favorites day after day, in fact most people have only one original thought per day, if that!

The rest are rehashed from hearsay, gossip, the TV, radio, or what they read in the paper or a magazine. Just look next time you go into a newsagent how many magazines there are. We in Australia read more magazines per capita than any other country in the world.

All day long people quote these magazines, especially the gossip rags, talking about folks they have never met as if they are their intimates and are qualified to advise on their looks, sex lives, and career moves!

So, what makes someone sexy apart from good genes in good jeans?

Most people I interviewed said self-confidence, feeling good in your own skin no matter what age group.

This means walking tall, no slouching, head held high and proud, knowing your self-worth and that you are entitled to be here on planet Earth, enjoying all there is to offer.

The fact you have survived says you are worth it; survival of the species shows that your unique DNA means you are good enough to survive all the pitfalls that nature threw in your way.

Not every sperm makes it; congratulations you were meant to be!

Do you think you had more self-confidence at sixteen than at sixty?
I don't think so!

Are you less confident now than in those uncertain years then?
Doubtful!

Speaking from personal experience, I know that with age comes a certain *savoir faire*, you know the rules of the game of life, and that is the real secret—it is a game, don't take it, or yourself, too seriously.

So you have confidence, now what?

Shakespeare said it well: “Unto thine own self be true, and as night follows day, thou canst not be false to any man.”

A good rule is “Do unto others as you would have them do unto you.”

It was largely based on these two guidelines that at the grand old age of fifty-seven years, I decided to become a life coach.

My life had been spent helping others as a nurse but you can't nurse forever, it is a very physically demanding role.

However, I had read about coaching and that was a way of still being useful and contributing to society that didn't insist on youth as a qualifier, in fact the best coach I have met was Sir John Whitmore who is in his seventies and a world champion sailor. Life experience is a great qualification itself.

The big drawback was that I was a dinosaur! I had no computer, had never sent or received an email, and couldn't type.

I have written about how I overcame these seemingly insurmountable obstacles in another chapter.

What I did learn in coaching was about universal laws, like the law of attraction and the law of recency. We all know the people you see or talk to or communicate with regularly are the ones at the top of our awareness.

The law of attraction is not a newly discovered law. It has been taught through the writing and teachings of some of the greatest teachers in history such as Jesus and Buddha.

Jesus said, “Daughter, your faith has healed you. Go in peace and be freed from your suffering.” Jesus showed that to stop suffering, you need to change your limiting thoughts and beliefs. It was her belief, which began as a thought, that stopped her suffering. He didn’t say, “I have healed you,” he said, “Your faith has healed you.”

Faith is truly amazing, I have a friend who was diagnosed with Motor Neurone Disease, she was using crutches and was told she would not live to see her little girl grow up.

I went with her on one of her trips to Brazil, to see John of God at the Casa De Dom Inacio in Abadiania. He is a spiritual healer and hundreds of people with all kinds of diseases flock to him on a daily basis.

Being a nurse I carefully watched some of his “spiritual” surgery and was amazed at what I observed, whole books have been written about this man and there was recently an article in the Australian Women’s Weekly.

My friend Jana is now well!! she drives a car again and her daughter to whom she wrote a “farewell” letter many years ago is now a beautiful young woman of 18 years.

Was it faith? Life is truly a mystery!

As A Man Thinketh is a great book by James Allen, and he writes that your belief creates your truth. Napoleon Hill’s book *Think and*

Grow Rich also tells us that all we need to succeed is within all of us, we simply need to tap into the wealth within and apply it diligently. Having faith is an empowering belief. You need to believe in the universe and yourself!

Both these books are available on the internet as free downloads, use your search engine of choice and enter the title of each.

Buddha said, “As a man thinketh, so is he.”

Whatever you focus upon will manifest into form and ultimately create your reality.

“We are what we think, everything arises with our thoughts. With our thoughts, we make our world.”

“All that we are is the result of what we have thought. If a man speaks or acts with an evil thought, pain follows him. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him.”

You have chosen your thoughts and can control them, as you have chosen to believe your own beliefs therefore you can choose to change them. We all have freedom of choice.

This works in both directions, negative and positive, so if you are focusing your energy on not having enough money to pay the bills, then you won't have enough money to pay the bills. This can be very tricky because we do think about lack especially when we are hungry—for anything! But even if you don't have it right now, you will attract a way to have enough, or an idea on how to create the money.

When they're all around you, it is tempting to dwell on the negatives, which is where the other Essential Universal Laws come into play.

The Law of Deliberate Creation: this involves emotion. If we think with enough energy about the things we desire and color the picture with the associated sounds sights smells and feelings, we are more likely to get our hearts desire, whether it is a new car or the soul mate you have been waiting for. Using visual, auditory, and kinesthetic tools to color your goals will make visualization and therefore manifestation easier and quicker. This is discussed in length in the DVD *The Secret*.

Visualizations are fine and goals are great, but they need to be expressed in a tangible way. A written goal is far more likely to manifest than just hoping for something to happen, the more specific the better. Add the sights, sounds, smells, and feelings associated with the event, and now we're cooking! Life is about vibrations, it is quantum physics, sound waves, thought waves, light waves, x-rays, etc.

That which I give thought to, I begin to attract. What I give thought to with emotion, I attract more quickly. That which you think about, you get. When you give thought to something you desire with an expectation or belief in it, you are then in the place to receive it.

There are so many of these laws that it could take another book. Most we are unaware of on a conscious level, but when someone points them out it all seems so sensible and clear. I learned a lot about them when I studied Neuro Linguistic Programming (NLP).

A favorite coach of mine is Bob Proctor; he is in his early seventies and is a fund of information and insights. He has a lot to say about sex,

love, and all the other positive emotions in our lives, all the things we should be enjoying and relishing in. It makes me sad to hear so many people are missing out, because they don't have a sensitive partner or can't find a soul mate at all.

Communication is the vital ingredient in the recipe for any relationship and essential in a sex relationship. How can you satisfy your lover if you don't know what pleases them and vice versa? Flirting is a good way to start; it can be vocal, just the way you look at each other, or by touch. A combination of all three is ideal, and the written word even more impressive. It is about fun and pleasure after all; we are the only species on the planet that makes whoopee for the sheer joy of it, not just to procreate.

Go forth and enjoy orgasms!

A lot of us were brought up with the idea that sex is bad, or dirty, or shameful, a leftover notion from the strict and prudish Victorian era.

It is just as ridiculous to say all those things about eating or any other bodily function; they are all natural and essential to the survival of our species.

I have one friend, however, who is in her eighties and has told me she enjoys masturbation now as much as when she was younger. Her frank honesty surprised me, but the comfort that self-pleasuring can bring makes a lot of sense.

The human body was designed for joy and pleasure, and that is why we have all these erogenous zones and can experience the heights of exquisite pleasure that good lovemaking affords us. Thank goodness for that!

In fact, the clitoris is the only organ in the body with no other function than to provide pleasure! It does so with thousands of nerve endings that are connected up to erectile tissue within a woman's body (not external and obvious as it is in the male of the species). When aroused, the pelvis is engorged with blood, and this erectile tissue becomes the equivalent to a man's erection and just as sensitive. It just takes more time for a woman to reach this stage, but when she does, she is multi-orgasmic and can have many orgasms in succession.

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