



The
Romance
Rescue

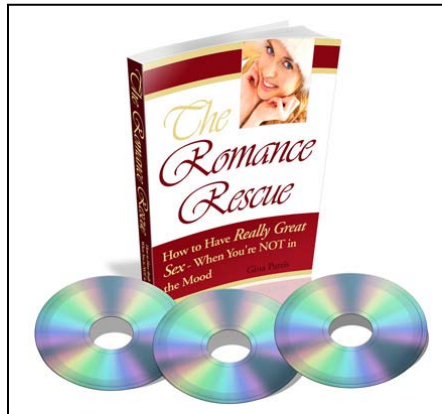
How to Have *Really Great*
Sex - When You're NOT in
the Mood

Gina Parris

The Romance Rescue: How to Have Really Great Sex When You're NOT in the Mood - (*Excerpt*)

Gina Parris

TheRomanceRescue.com



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Gina Parris
PO Box 1762
Tullahoma TN 37388
931-461-7836
Gina@TheRomanceRescue.com

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In addition, Gina Parris is NOT a licensed health care professional. All counsel she gives is as a peak performance coach and minister.

To Get the Most Out Of the Romance Rescue

Stop!

Please go [right here](#) and get your FREE audio program, Secrets to Really Great Sex – Tonight – Even If You're NOT in the Mood, along with the FULL version of this eBook.

TheRomanceRescue.com

What people are saying...

*I always thought that sex was not that important in our marriage but after taking your Romance Rescue and **ravaging** my husband, everything has reached a whole new level. You're right -- it's almost like he worships me now and it feels great.*

-- Deborah M, Olive Branch MS

*After the affair, just looking at him made me so mad. I wouldn't have dreamed that I could enjoy our sex life again. It really does feel like the first time! And **my husband is more loving now than ever.** You worked a miracle. Please use only my initials.*

-- D.S. Providence, RI

*Hey Gina, I'm not sure what you shared in your program that made my wife change her mind, but it made for a REALLY GREAT NIGHT for me, so **thanks a million! I'm a happy husband.***

-- Eddie H, Indianapolis, Indiana

*Gina, I had felt totally unsexy after gaining 30 pounds. I told my husband that we could "do it" after I lost the weight, but after I listened to your program and started doing your technique, **our sex life lit up!***

-- Heidi Rosen, St. Pete's Beach Florida

A Note from the Author...

Have you noticed that we live in a sex-crazed culture? One can hardly step through the check out line at the grocery store without being reminded on all the glossy magazine covers that we were made for SEX, glorious sex!

The problem is that many of us women in that line are tired from a full day's work; we are headed home to many more tasks, and we have loads of things on our minds other than "driving him wild in bed." In fact, the chocolate bar next to the magazine often seems like a much simpler pleasure than a wrestling match between the sheets.

The bedroom, for many, has become a place of frustration. For thousands of couples this distress is compounded by the fact that men and women are just wired differently – in their emotional needs as well as their sex drives. One popular study showed that a majority of men have a sexual thought once every 75 seconds – while many women have one a day! Yup. Some of us are even capable of SEX without a sexual thought! This is not ideal.

I help women overcome this difference in sex drive so they can enjoy soul-bonding, body tingling, exciting sex with their mate every time, immediately. Instead of focusing on new techniques for stimulation, or 52 new positions, or that darned elusive g-spot, my women get results through mental mastery, and energy shifting. The same tools that I use with high-powered athletes and entrepreneurs to excel at their game under pressure will work for you too, in your most intimate performance. I guarantee it.

The reason I know this is because I've been there. Although I now enjoy a "world-class" marriage, we spent nearly a decade in bedroom frustration. When we fought to the point of tears, it was usually over sex. Although I was a "recognized expert" in human potential, I felt like a miserable failure in pleasing my husband. All that changed one day thankfully, and if you want to learn how it can change for you too, please read on.

Your pleasure awaits you.



Gina Parris

MY STORY & WHY YOU NEED THIS PROGRAM

“The reason husbands and wives do not understand each other is because they belong to different sexes.” - Dorothea Dix

From my husband’s perspective...

“You know that look women get when they want sex? Me neither.” –Drew Carey

“What do I know about sex? I’m a married man!” –Tom Clancey

Energy What?? In our modern world of “alternative remedies,” we are finally discovering ways to treat all kinds of symptoms with solutions other than drugs. Although I admit it sounds enticing to be able to pop a pill and find relief for anything, there are undesirable side affects to such drugs.

Instead, it is encouraging to see the relief that millions of people are finding through different kinds of “energy therapies.” These focus on tapping into the power of one’s nervous system or “energy system,” to shift the emotional state to one that feels good. The underlying belief is that all negative emotion is simply a disruption in the body’s energy system – and this is all tied to our emotions.

The technique that is referred to in these pages is based on something called The Emotional Freedom Technique. Though I won’t pretend to understand exactly WHY it works, I’ve found nothing that comes close to delivering such fast and powerful results to myself and my clients. In fact, in the beginning, my results were so dramatic that I had to pray about it all to make sure I wasn’t embracing some kind of “magic” that would be contrary to my values. It is with great peace of mind that I share it with you, as a PART of your Romance Rescue.

In Desperate Need of a Romance Rescue

“Sometimes our greatest failure becomes the catalyst for our greatest strength, even if it takes years to turn it around.” –Gina Parris

“Help me, Doc”

It was one of my least favorite places to visit. The sanitary paper crunched beneath my seat as I sat dressed in a paper-towel gown. Still, I needed a solution. Full of embarrassment, I finally spoke up to my gynecologist. “I think I need testosterone supplements. Please?” I begged.

"Why do you think you have low testosterone?" she asked.

I thought back to the past several months. Maybe it was years. I could blame it on having four children, but the truth was, I had this problem on and off whether we had zero, one, two or four kids running around.

"Because," I sulked, "If you ever saw my gorgeous husband and knew how little desire I have, you'd KNOW there was something wrong with me -and I'm definitely not attracted to women."

"Well, let's test it." She said matter-of-factly. No sex-ed to go along with this question. Shortly she shared her results. "Gina, your testosterone levels are fine. You should have no problem with your sex-drive. You're probably just tired with the twin babies."

How depressing. So there was no magic cream to rub on my skin, to make me hot and bothered? Dread was starting to creep in, of more failure, more stress, more disappointment. What was wrong with me?

I knew that I was capable of having sex – I had three pregnancies and four kids to prove it. In fact, I seemed to remember really loving it some of those times too. But years went by after that day in the doc's office – with no change. Sex happened sometimes once or twice a month and my guilt over the infrequency was always with me. I would look at my stunning husband and wonder what would happen if certain women knew. He would be great prey for a "stalker" – the type of woman that makes her kill of the unmet needs of another's man. The idea filled me with grief.

One day in total frustration my husband Paul, came up to where I was sitting, with his hands on his hips and a scowl on his face, he nearly exploded.

"Okay, this is it," he said. "From now on, we're just going to have sex *every day*, whether we want to or not."

I nearly gagged. Making love to an angry man was not my idea of romance and I knew I would be frozen with dread anyway. What a flop. The months that followed often brought more stress, and more tears.

That had been some time ago. Tonight I was not even thinking about sex. I was just finally stumbling to bed, exhausted.

As I entered the room, the candles were lit and Paul was patiently waiting for me. I nearly keeled over with panic. My heart sank, even as it beat faster.

As I staggered into the shower, I thought about our years together - the great times, the children, my frustration with not making him happier. With water pouring down on me, I suddenly thought of this crazy mindset technique I had seen on a video. It had something to do with using your fingertips to tap on acupuncture targets on your face and torso while thinking of your distressing emotion. It looked like the dumbest thing I'd ever seen in my life.

In desperation however, I gave it a try. I tapped on my eyebrows while saying to myself, "I AM NOT IN THE MOOD FOR SEX!" I tapped under my eye while saying the same thing. I tapped under my nose and under my mouth saying, "I'LL NEVER GET AROUSED." I tapped on my chest saying "NOT IN THE MOOD." I repeated it a few more times thinking, "I'M NOT IN THE MOOD!"

As I tapped the targets again, I began to feel aware of my body. I realized that my skin felt good with the hot water on it, and my body looked almost sexy too. Hmm...Strange. Finally I tapped again on those targets and thought to myself, "I choose to relax and be sexy."

The dreadful panicky feeling was gone, though I can't say I was feeling like a sex-goddess or anything. I didn't know what would happen, but I dried off and headed to bed. The whole thing had taken about 10 minutes.

Eureka!!

In the next moments everything was different! It was like I stepped into a whole different body. I was completely relaxed, and yet totally exhilarated. I was happily aware of every passionate kiss, every loving touch. My body went crazy with pleasure.

For the first time in months, I looked closely in Paul's eyes. We were together, so intimately connected. He was very happy. Everything he did felt incredible. It was the best sex I could remember having in a long, long time.

The next night I didn't need to tap on any acupuncture targets. I just went to bed with my beautiful husband. Same result: Responsive, passionate, gratifying sex. The next night we did it again and it got better and better.

What WAS That?

It has now been several years since that "breakthrough night." From that night on, our love life was rekindled and stoked. Our marriage is stronger than ever, and we are celebrating 20 years together.

Occasionally I still tap some reassuring ideas about my “sexiness,” but I have never worried about failure again. I can enjoy my husband every time.

In those early success days, my mind was racing with curiosity. What in the world was this tapping all about? I poured over the videos that I had previously viewed for only moments before parking the set on the shelves.

This book will simply touch on the technique and focus on the issues beneath the issues. I went on to tweak the method into a performance tool for athletes and other professionals in high-anxiety situations. My private story however, remained a secret, until now. After all, it is very personal.

I am sharing this with you now only because I can't bear to think of couples suffering needless stress like we did for so many years. I wished I had learned much sooner. When I was suffering so much shame, I felt like I had no one to talk to about it - certainly no one with an answer!

The exciting secret is that we can actually change our body's response to stress, so it acts in the way we want. We don't have to be at the mercy of our moods.

It's not JUST about great technique...

There is no shortage of sexual technique books out there. You can scan the Internet or bookstore shelves for all kinds of resources that teach you the cleverest new way to get maximum pleasure from sex.

I am a fan of freshness and skill – and I truly want you to check out my resource section, but I know that “not being in the mood,” is not a matter of technique. It is emotional. In order to succeed and thrive in our most intimate places, it is necessary to rewire ourselves to be responsive, arouse-able and orgasmic!

Will your results be as fast as mine? I can't say for sure. I do believe that if you do the exercises, follow along with the videos and audios then you will absolutely have the ability to enjoy yourself like never before.

Perhaps your issues go deeper. For you, there is healing and happiness available for each area of your life and history. I care about you and your marriage. We are all different and precious and loved by our maker.

You can feel good now, and feel good in the months to come, on a deeper and deeper level. Your loving romance will just be an expression of the love inside of you. I hope you'll follow along in the lessons to come with an open mind. This just may be the most important resource you've ever found.

THE SECRET TO INSTANT MOOD CONTROL

*“Between stimulus and response, we have a choice.” -Viktor Frankl, Nazi concentration camp survivor and author of *Man’s Search for Meaning**

*“All negative emotion is simply a disruption in your body’s energy system.” –Gary Craig
– Creator of the Emotional Freedom Technique (EFT)*

Simple Secrets to Transforming Your Emotional State

“It’s not what happens to us that matters. It’s what we tell ourselves about it that matters.” -Wallene Dockery

Let’s face it. When it comes to sex, we women are complex, and we’re moody. As Billy Crystal once said,

“Women need a reason to have sex. Men just need a place!”

How funny. However, as a wife, we already have a reason to have sex: Our husbands enjoy it. It is great for their self-esteem and it makes them feel loved.

I know it’s not a popular concept in today’s feminist world, but is there really any higher calling for a wife than to bring out the best in her husband? What a privilege!

Your husband wants you to enjoy sex too. He wants to bring you pleasure. He wants you to want him. Actually, he wants you to want to ravage him! Is this realistic in our complexity? Sure, why not? I can simplify great sex into 3 components.

Three Keys to Really Great Sex *(even if you’re not in the mood)*

- 1.** Feel good about yourself
- 2.** Feel in touch with your senses
- 3.** Feel positive towards your mate

All of these things are under your control, especially as you learn to tap into your best energy.

How empowering to know that you can take control of your own sex drive! When you know that you can take responsibility here, you know that nothing is impossible in your whole life. You are not subject to your moods or emotions. You are the master.

Let's look at how to move from averse to aroused.

Let's say your man is coming on to you and you just feel sexually turned off towards him. Looking at him causes a bit of knot in your stomach, he is on your nerves and you are feeling cranky. In this state you don't feel good about your self, your senses or your mate. You're probably focusing on something that happened earlier or will happen later and that's why your energy is disturbed.

So, recognizing that your emotions are simply a conditioned response to stimulus, let's take action.

Instead of just telling you how you should rationally think at this moment, I am going to teach you how to actually change your emotional state. (Who the heck is rational when it comes to our sexual feelings?)

I am going to teach you a simplified variation of the Emotional Freedom Technique. Now, I learned this from a Stanford trained engineer, and I still wondered if was a little too "woo woo" for me. However, I have just seen too many amazing results for myself and hundreds of other people to dismiss it.

So, here is my simplified version of the E.F.T.

Step One - Take a nice deep breath like this:

- Inhale to the count of four
- Hold that to the count of four
- Exhale to the count of four
- Hold that to the count of four

Did you do it? No really! Follow along with the deep four count breath.

Now your heart rate should be slightly lower, and your head even a bit lighter.

Repeat!

Next, rate your negative emotion on a scale of 1-10, with 10 being really turned off. Note how intense your emotion is so that you can be aware of its shifting as you do this exercise.

Now, here are my three secrets to changing your mood. Usually we want to avoid feeling our negative emotions, but for your breakthrough, you will do the opposite. And here's how. You will make a statement that does three things.

1. Acknowledge the distressing emotion, and become aware of how it feels in your body.
2. Offer acceptance and / or forgiveness.
3. Create an empowering response.

So let's say your husband is named "Stud." You would give yourself a short time out to take those deep four count breaths, put your hand on your chest and say,

"Even though I'm feeling cranky, and Stud is such a dork, I deeply love and accept myself anyway, and I forgive him for being human, and I choose to feel relaxed and sexy."

Great! Repeat that three times. The more in tune you let yourself be with your emotions, the more your wording may shift. That's great. Just say what best describes your feelings and your choice. You may be able to move forward from there, but if you want to add the tapping, than you would do like this.

Take your four fingertips and bunch them together and tap 7 or 8 times on each of these targets:

Ear: (in front of the ear lobe for everything you've ever heard about this issue)
Tap saying, "I feel so cranky"

Eye: (Under your eye – for everything you've ever seen about this issue)
Tap saying, "Stud is such a dork"

Upper Lip: (above your top lip for everything you've ever said about this issue)
Tap saying, "I'm cranky"

Lower Lip: (beneath your lower lip for more that you've ever said about this issue)
Tap saying, "What a dork!"

Heart: (actually with your whole hand on your chest touching your collarbone)
Tap saying, "This knot in my stomach"

Wrist: (about where you take your pulse)
Tap saying, "This knot in my stomach"

Then go back over all those targets and tap in your choice, saying, "*I choose to feel calm and sexy.*"

Now this is my variation of something called the Emotional Freedom Technique.

Get As Specific As Possible

Now, here is where you may need to give yourself several more minutes and openness. You want to be really in tune with just why you are so turned off at the moment. When we said, "such a dork," you probably had several examples flood your mind.

Here's another secret anyway. When you are feeling very critical of your man, he is certainly aware of it. Nothing is more frustrating to him than feeling disrespected.

Yes, I know it's an irony, because our men all do things that are just plain bewildering at times. But guess what - so do we. What we need isn't criticism – we all crave support and validation.

So, give yourself a moment to really be specific about what he did to upset you. (Or if something else has you upset, give voice to that.)

It may go like this: "And Stud is such a jerk, for flopping down on the couch when I could use his help around here, and I can't stand his dirty socks on the floor..."

Remember, we are acknowledging the distressing emotion and then offering acceptance and forgiveness – so let it all out at first.

Name those examples. Make his issues even bigger than they are if you'd like so that you can tap into some humor.

After a few minutes of tapping those targets and focusing on the distressing emotion, you should notice that emotion losing its power. Then you tap on the targets with an empowering choice, and you will feel in control.

Why the Heck Does that Work?

There is a lot of science as well as speculation, as well as thousands of years of empirical medicine to support a few different ideas about these tapping techniques. The one thing I'll say is that it seems to balance the body's energy as it flows from the nervous system, and under clinical studies it changes the chemical makeup in your cells quickly.

On a subconscious level, all the meaning you've ever given to a lifetime of experiences is stored in your body. In the past, you usually didn't take time to create the response you needed, but now you can. The power is in your hands.

More importantly however, the choice must be in your heart.

The power of love is the decision that you are there unconditionally and that it's worth it to *act as you would if you truly "felt" in love.*

One time I was with my sisters and some friends at a family reunion. One of our friends was talking to my sister about her marriage. I laughed out loud when our friend mentioned that we got married so we could help our husbands.

"Nuh-UH!" My sister blurted out. "I married him so he could take care of ME!"

Well, he does try to take care of her, and your husband truly wants to take care of you too. Somehow our husbands' willingness grows as we put their needs above our own. It is not convenient and many of us wish we could have just found the handsome prince – moved to the castle and live happily ever after – with servants who go to the market for us.

But alas – the magic is in the commitment.

Tapping simply helps us to move our intellectual commitment to that place where it cooperates on a cellular level.

YOUR TURN: ACTION STEPS

Start a journal to document your marriage and your love life from here.

Write down your own emotions as you deal with your sex drive and the appeal of a great sex life. Answer the following questions:

1. On a scale of 1-10 how stressed do I feel about sex?
2. What are some reasons that I feel this way?
3. Am I willing to change? Why?
4. If I could choose my sexual response, what words would I use to describe myself?

5. Fill in this "set-up" phrase: "Even though I _____, I deeply accept myself and my emotions and I choose to be _____."
6. Watch the video that comes with this lesson and follow along with your own ideas open.
7. Practice tapping for 10 minutes a day, either with the video, or audio, or on your own.



This ends the excerpt of The Romance Rescue eBook. Click the link below to find out how you can get the entire book, plus an audio from Gina for FREE!

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