

# ***TOUCH ME PLEASE***

**Excerpt From Second Book In**

***LOVE ME, TOUCH ME, HEAL ME SERIES***



***THE PATH TO***

- \* PHYSICAL***
- \* EMOTIONAL***
- \* SEXUAL***
- \* SPIRITUAL REAWAKENING***

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## ***TOUCH ME ... PLEASE***

Touch connects you to the world. Touch teaches. Touch heals. Sometimes touch hurts. Touch is powerfully intimate. Through touching and being touched, you feel. When you are touched with love, respect and gentle caring, your hearts becomes open and receptive to love. Through loving touch you feel accepted, acknowledged, understood and loved. In Book II, you focus on your body, taking time to explore each of your senses, especially your sense of touch. You examine what you believe about touch, how you have touched and been touched, how you expect to be touched, and how you can create loving touch in your life. Here you are introduced to the various body therapies available that can help you to alleviate discomfort and pain and eliminate whatever blocks you from easy movement and the enjoyment of touching and being touched.

## ***Your Body Believes You***

### **Excerpt from Chapter 1**

*Your body believes you*

*Tell it what you want it to hear*

*Your body speaks the truth*

*Listen to its wisdom*

*You and your body are one*

*Treat it as your beloved companion*

*Honor it, love it*

*It is yours for life*

Your body listens to every thought you have and every word you speak. Responding with sensations, facial expressions, postural positions, illnesses and injuries, our body continually offers us messages. Neurotransmitters, specialized chemicals, distribute these messages to every cell in your body, altering your immune

system. It is not just the amount of stress or the attitudes and behaviors of the people in your life, but your own perceptions, thoughts and emotional responses that determine the quality of your health and intimate relationships.

## ***Let Your Precious Body Speak To You***

Sit quietly, in a comfortable position.

Place both of your feet securely on the ground.

Close your eyes and take an easy, slow, soft, deep breath.

Allow your mind to focus on your body.

Listen for those body signals that are loud and clear.

*What do you notice first?*

*What part of your body is calling for your attention right now?*

If more than one body part wants attention, **choose one part now.**

**You may repeat this exercise again for other parts.**

*If this body part had a mind and a voice, what would it tell you about your life, your relationships, or your self?*

*Is something or someone causing you to feel pain, anger, frustration or some other upsetting emotion?*

**Sit quietly and breathe deeply.**

*If the answer is "No."*

Appreciate any good feelings you may have.

Appreciate your body as your temple, your home.

*If the answer is "Yes."*

Ask yourself the following questions.

Allow the answers to come to you.

Just listen to the answers you receive without judging or censoring.

*What has happened that you have allowed this person or situation to disturb you?*

*Is there something you've been trying that you've been unable to do?*

*What do you need to learn, change, practice,  
experience or study?*

**Imagine your body is your precious newborn baby.**

*Would you continually ignore your baby's cries for  
attention, food, or comfort?*

*Would you let your baby scream until he or she totally  
shut down?*

*Would you make your baby keep moving without any  
rest?*

*Would you deliberately deprive your baby of food and  
nourishment?*

**Listen to the message your body is sending you right now.**

Stay quiet.

Reassure your body that you are indeed paying  
attention.

Imagine gently rocking and hugging your whole body.

## ***Talk to Your Body***

*Talk to your body, either aloud or silently in your mind.*

*Ask your body what it wants and needs right now.*

*Talk to the parts that are injured, ill or hurting.*

*Discover what you can do to soothe yourself.*

*Talk to the parts that are old or no longer attractive.*

*Send them your unconditional love and acceptance.*

*Talk to your organs or body parts that are missing.*

*Send them your love, thank them for having served you in the past,  
and say goodbye to them now.*

*Talk to the tumors, cysts, cancers and other growths that have  
been removed.*

*Forgive them for any pain or problems they caused, thank them for  
what they have taught you, send them love, and say goodbye.*

*Talk to any unwanted cell growth on your body now.*

*Ask why the cells are growing and what lesson they might provide  
for you.*

*If you have had any miscarriages or abortions, talk to those unborn fetuses now.*

*Ask for their forgiveness, or say whatever you need to say, send them your love and say goodbye.*

*If your body has been abused, physically or sexually, by someone else, give your body the love, compassion, understanding and acceptance it has been craving.*

*If you have abused your body or have allowed it to be abused, physically or sexually, forgive yourself and give your body the caring love that it so desperately needs.*

*Is there anything else you want to tell your body now?*

*Promise to be kind to your body in thoughts and words and actions.*

## *It's a Sensational World*

### **Excerpt from Chapter 2**

Our five senses - sight, hearing, smell, taste and touch - are a precious gift of life. If we ignore or suppress our body's sensual messages, our senses may seem muted and our sensual responses diminished. However, when any of our senses stops functioning, when we are in a state of fear or in the throes of passion, all of our working senses become more acutely responsive. With a little practice, we can bring heightened sensual awareness into our daily lives and into our most intimate relationships.

### *Sight*

It has been said that our eyes are the windows to our soul. Our eyes observe the wondrous beauty, colors, shapes and movements of nature. Through our eyes we can make or break contact with others. Through our peripheral vision, we anticipate movement, as

in sports, or spot approaching danger. Even without our conscious awareness, our eyes detect the attitude and emotional state of others. Infants respond negatively to even momentary lapses of mother's visual attention. Our eyes see more than outer physical appearance. Through eyes of love, we are able to see the inner beauty that lies within each of us just waiting to be acknowledged and appreciated.

## Sound

Sound warns us of impending danger or the promise of excitement. A mother's heartbeat comforts and lulls her baby to sleep. The sound of a purring cat calms us and makes us smile or startles us if we're afraid of cats. A barking dog protects us, if we are its owner, or may frighten us if we are a stranger. Our lover's voice thrills us with passionate sentiment or repels us after an unsettling argument. Certain sounds facilitate learning. Other sounds, through rhythmic

entrainment, assist our body to heal. Sounds in the environment or those emanating from our lover enhance or interfere with our sexual desire, arousal, orgasm or overall sexual pleasure.

## *Smell*

A healthy person may be able to detect from 10,000 to 30,000 different scents. Yet, each of us has our own unique scent preferences, based upon our society, culture, ethnic group, experiences, memories, or part of the world in which we live. Memories triggered by an odor tend to be more emotionally intense than other sensory cues. Some of the worst memories of disaster or sexual abuse victims are caused by their sense of smell. On the other hand, the aroma of freshly baked cookies or an oven roast can warm our heart, instantly reminding us of an emotionally comforting, happy time in our childhood. The lingering scent of

our lover's cologne or natural body odor can stimulate our longing to reconnect.

Dr. Alan R. Hirsch, M.D., author of *Scentsational Sex* (quoted in *Sex Over Forty*, March 1999), conducted studies to discover what particular scents caused sexual arousal in men and in women. For men, the scent of a combination of lavender and pumpkin pie showed the greatest measurable arousal, increased blood flow to the penis, while licorice and doughnuts as well as cinnamon buns also had a stimulating effect. But arousal in men increased in response to every odor tested. Not so for women. Arousal for women, measured by increased vaginal blood flow, was highest in response to the scent of Good and Plenty, licorice candy, or licorice Allsorts and cucumber combined, but was also affected by a combination of lavender and pumpkin pie. Discovering which scents are personally most stimulating to our partner and to our self, we can create a scent sensitive environment designed to heighten sensual desire and enhance sexual pleasure.

## *Taste*

*It's a matter of taste* may be truer than we have ever realized. The French expression, *chacun à son gout -- to each his own taste*, describes it well. Humans are, in fact, genetically, culturally and individually different in their ability to perceive food flavors. Scientists have categorized people into super-tasters, tasters, and non-tasters, based on the number of fungiform papillae, the structures that hold the taste buds, on their tongues. About 25% of the population appear to be super-tasters, 25% non-tasters, and 50% tasters. Women are more likely to be super-tasters, especially when estrogen is at its highest during ovulation or pregnancy. Super-tasters tend to be more sensitive to a bitter compound in broccoli and other vegetables or the bitter aftertaste of artificial sweeteners. Non-tasters appear to barely perceive these bitter flavors. Knowing our partner's unique taste-ability, we can

prepare meals that whet the appetite, we can play sensual food games together, or we can savor the taste of each other's essence.

## **Touch**

Touch, even the mere intention to touch, can affect the health, resiliency, texture and responsiveness of our skin and internal organs. How our skin responds to touch is determined by many factors: the quality of the touch, our genetic makeup, gender, state of health, previous touch experiences, individual pain and pleasure threshold, as well as our perceptions, beliefs, and memories. Even a light touch on the surface of our skin can have a profound effect of pleasure, pain, irritation, or ticklishness. Each of us responds very differently to touch and we respond differently to the same type of touch at different times and with different people.

## *Touching Matters*

### *The Profound Effect of Touch and Body Therapy*

#### **Excerpt from Chapter 3**

### *Touch Is Powerful*

Touch is powerful. Our sense of self, ability to love, attractiveness to others, and sexual passion, often hinges upon the way we touch and respond to touch. With harsh or abusive touch, we tend to constrict our body, repress our feelings, and become less receptive to love. Loving touch assists us to release painful memories and open our heart to others. Touching our self brings a profound sense of inner peace, self-acceptance, and self-love.

Research indicates that touch promotes health, healing and general well-being, from pregnancy and the birthing process through every stage of development throughout life. Teachers, psychotherapists, and even

waiters have been evaluated as more caring, knowledgeable and competent when they casually touch their students, clients, or customers in a non-threatening, non-sexual way. Even in the litigious and touch aversive climate of today's society, caring touch brings us closer to one another.

### *Touch In Psychotherapy*

Touch can either assist or interfere with the psychotherapeutic process. Psychotherapy clients find touch in psychotherapy to be beneficial if they are free to talk about the touch, boundaries, and sexual feelings; if they feel control over initiating or sustaining contact; if the touch is not demanded by the therapist; and if the expectations of the therapist for emotional and physical intimacy match their own reality. Clients feel confused or negative about the touch in psychotherapy if they feel guilty about being angry at their therapist, trapped in having to be close, or are repeating unpleasant

childhood dynamics. (Geib, Ph.D., Boston University School of Education, 1982).

Should psychotherapists touch their clients? Yes, perhaps occasionally, to indicate comfort, concern, and compassion. No, in general, unless the psychotherapist can verify years of training, appropriate professional certification and licensure in both touch therapy and therapeutic counseling.

## *The Profound Effects of Touch*

Touching and being touched has profound healing effects at all ages (from pre-term infants to adolescents, adults and even elderly grandparents) and for a wide variety of ailments and diseases (from asthma, diabetes and fibromyalgia to HIV+ and AIDS). Dr. Tiffany Field, psychologist and leading touch therapy researcher in the world, has been conducting ongoing studies for many years at the internationally renowned Touch Research Institute, originating at

Jackson Memorial Hospital in Miami, Florida. Research subjects receive 15-30 minute massage sessions, 2 times per week for 5 weeks. Control groups receive standard nursing treatment, TENS (electrical stimulation), SHAM TENS (use of the TENS machine without electrical stimulation), or progressive relaxation. Although the TENS treatment and progressive relaxation have some positive effects, massage has more significant and long-lasting effects.

### ***Body Therapy: Which One is Right for You?***

Although, Touch Research Institute studies have shown beyond a reasonable doubt that massage heals, massage is only one style of body therapy. Most of us are not aware that there are as many ways to touch as there are people to develop methods. To help us determine which techniques resonate with our own personal bodily needs, each of the various body therapy methods have been classified within the following seven categories:

1. Swedish Massage/Therapeutic Massage
2. Contemporary Western Massage and Body Therapy
3. Structural, Functional, Movement, Alignment Body Therapy
4. Asian Body Therapy
5. Energetic Body Therapy
6. Somatic and Expressive Arts Body Therapy
7. Body Psychotherapy.

**You have just read a few excerpts from this powerful, life-altering *Love Me Touch Me Heal Me Book Series*. If any of this has touched you, please check out Dr. Erica's vast array of books with greater depth and more important details about love, touch, healing, sexuality, spirituality and life.**

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