



***THE SEXUAL AUTHENTICITY™
HANDBOOK
FIND YOUR PLEASURE, OWN YOUR
POWER***

by Rebekah Beneteau

WELCOME SEEKER!

Congratulations on taking the first step on a most worthwhile journey, the quest to find and express your true Self. Not just your Self, but a very particular facet, your Sexual Being. Allowing yourself to be sexually authentic is one of the last frontiers in personal growth. In fact, sex is often discouraged in transpersonal circles. Counseling, meditation, learning systems like Landmark and the like, would have you believe that the process of transformation happens in your head. They would tell you that you can think your way into becoming the person you were meant to be. Some of these modalities encourage you to detach from your body in order to achieve growth and enlightenment.

I have a more radical theory. At Pleasure Evolution, we believe the wisdom and energy of your empowerment comes from your body. The goal of this book is to help release you from the conditioning and beliefs you inherited, so that you can find your own Sexual Authenticity. In the pages that follow, you are going to explore the buffet of pleasure available to you, and identify your truth.

ABOUT ME

My own journey into Sexual Authenticity began in 1996. Before then, I didn't realize I wasn't being true to myself. I had had many sexual partners. I thought I was open to trying new things, although in retrospect, they were mostly the same old things done in exotic places. I'd even had a few threesomes. The problem I was ignoring though, was that **I wasn't enjoying myself!** Sex was something I thought I had to be good at in order to have value. Sex was the price I paid, hoping to buy real love in return. Of course, sometimes it was fun, and occasionally REALLY fun. But one night, while my husband was doing his thing on top of me, all I could think of was, "Are you done yet?"

I was 33 years old, and I knew that I wanted a more fulfilling relationship to my own body and the people I shared it with. The journey that I took led me to explore my past and release it. It has shown me that there is a whole world beyond missionary position with the lights out. And I now am able to integrate all of who I am and show up more fully in every area of my life.

This adventure would not have been possible without the teachers I found, and the like minded souls who witnessed me without judgment. I hope to be that person for you.

For now, I have one question. Who might you be if you were living a sexually authentic life?

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WHY IS BEING SEXUALLY AUTHENTIC IMPORTANT?

Let's start out by saying that there is no one standard for functional relationships and sexual expression. In other cultures and countries nudity is considered natural. Tribal cultures allow for multiple mates. In America, we use bare breasts to sell products while at the same time shaming women who breast feed in public. If you have desires for anything other than what the primary culture is selling - heterosexual, monogamous union, and sexual acts primarily designed for making babies, then it's easy to feel like a weirdo. When we are not comfortable in our own skins, we will try to hide that part of ourselves from others. Usually, we rationalize that this is better for them. Actually, we are protecting ourselves from their reaction. And this means we are a slave to the opinions of others. Do you want to live enslaved? How does it feel in your body to think that you are being controlled and confined by the values you imagine someone else holds? What's really funny is that they may not actually hold these values. We project onto them that they will reject us. In truth, we have rejected ourselves. So the first benefit of sexual authenticity is **freedom**.

Think of all the energy it takes to maintain a mask. This energy that you use to daily restrain your desires, or hide them from others, could be used for so many other things. When you live in the full awareness and confidence of your sexual appetites, you gain **energy**.

I'm talking about integration here. Imagine for a moment that you are a wagon wheel. The wedge representing your sexuality is missing, because you have hidden it from yourself. That wheel isn't going to roll very well.

Once you've begun embracing and embodying your True Self you'll find a new confidence and courage. When you find the voice to speak your truth about this most tender of subjects, other areas in life seem easier to tackle. And this isn't limited to the "bedroom" or your sex life. This new, stronger self esteem will be present throughout your life. You can take it from your intimate relationships and into the workplace, and among your friends.

There is a ripple effect of authenticity. Your self-acceptance will yield more confidence. As you become more confident, others will begin to see you more clearly. Your co-workers, clients, friends and family will either fall away, because they are no longer a match for your new higher vibration, or they will rise with you. You will begin attracting people into your life who celebrate who you are. These are people who will support you in being your best self.

It is just a matter of time before you find increased authenticity having a positive impact on your financial status. That's right. I often say that if you have great sex, people will throw money on the foot of your bed. And while my evidence is purely anecdotal, I believe that embracing your Sexual Authenticity™ will make you more money. Genuineness is attractive. And have you noticed how you feel after a satisfying sexual encounter? More creative, on top of the world? You can use this inspiration to move forward on your other life dreams.



THE FIVE STEP SYSTEM FOR STEPPING INTO SEXUAL AUTHENTICITY

If you are still reading, chances are you see yourself in these pages. Whether you are at the beginning of the journey, or somewhere down the road, you are now longing for more fullness and satisfaction in your relationship to your own body, and to other people's bodies

Like I mentioned earlier, I wasn't born a sexually liberated being. My growing up was traditional, and my father was very outwardly sexual, while my mother was not. I was a teenager in the seventies, when the release of birth control pills and the women's liberation movement, supposedly meant we now had the freedom to have sex like men. Erica Jong coined the phrase "zipless fuck" in her best-selling novel *Fear of Flying*. Sex without attachment was now allowed!¹ We no longer had to fear an unwanted pregnancy. Still, my personal experience was that I endured slut shaming when I dressed the way I wanted to, or made out with the people who turned me on. And so my authentic sexuality went underground. I became an actress in my sexual encounters. Until the day when I realized I wanted to access all the joy and connection my body had to offer me.

I've been on this journey for over 20 years. I can honestly say that I am more gratified than ever before, and I am still learning and growing. To assist you, I've looked back at the obstacles I encountered (and you might too), found what worked for me, and distilled it into a five step plan that you can follow.

Get ready to walk out of the dark of sexual repression and into the light of liberation.



Photo by [Tyler Lastovich](#) on [Unsplash](#)

¹ Of course, not everyone wants to have sex without attachment. And that is totally acceptable. See Chapter 6 for more on relationship styles.

HOW TO USE THIS HANDBOOK

I figure here is a good place to give you a warning. I use all kinds of words to describe body parts and sexual acts. If you read one that offends you, just notice that you feel triggered, and substitute whatever words you like to use. I have one colleague who talks about her lady parts. That's lovely. I also like using pussy, vulva, and yoni to describe a woman's genitals. Man parts are penises, linghams or cocks.

Also, you'll get the most out of this book, if you consciously decide to suspend your judgments about yourself, and this material. I'm sharing descriptions of what has worked for me and my clients. This is not a prescription of what YOU must do. Certainly, take what you like and leave the rest. If an idea shared here isn't resonating for you, than let it go by.

For each of the five steps there will be two recommended activities. The first activity will be an exploration, where you get to write things down. The second will be a recommended action that you can take to move you in the direction of your Sexually Authentic Embodiment.

I recommend going through the steps in order. They are that way for a reason, and they build on each other. Do the exercises for each chapter, before moving on to the next. This isn't a race, so go at the pace that feels good to you. You see, how you do anything is how you do anything. I want following this handbook to be pleasurable. In fact, why not get yourself some treats, and put on nice music while you are reading. Entice all of your senses!

"Enlightenment is when
you realize that what was
planned is a party."

- Dr. Victor Baranco

STEP 1) MEET THE JUDGE AND SEND THEM PACKING

Chances are you inherited a lot of beliefs about your sexuality from the people who raised you and the environment that you grew up in. In order to start embodying your sexual authenticity, you have to be willing to look at what baggage you are carrying.

This is your chance to bring those old beliefs to the light of consciousness. Don't worry about where they come from, and you certainly won't benefit from getting angry at the source. In fact, anger and blame are distractions. If things from your past come up, you can work with a therapist on the things that linger. As a coach, I encourage my clients to take stock of their assets and weaknesses, and then figure out what they need to get to the goal. You don't need to pick at old wounds in order to make progress.

“The ability to observe without evaluating is the highest form of intelligence.” — Jiddu Krishnamurti

EXPLORATORY EXERCISE - SEXUAL BELIEF INVENTORY

An inventory is merely an opportunity to see what is on hand. None of what you discover is intrinsically good or bad. It just is.

In the worksheet below, write down everything you ever heard about sex, and bodies. It might sound like, nice girls don't enjoy sex. Men are beasts. Some girls are for sex and some you marry. Don't touch yourself. Lust is a sin.

List them all out. Hey, you might even have some positive ones. Write those down too. Are any of them still in operation? For extra points, write down how you see them affecting your life today.

Here's an example of one of mine: Men always want sex. This belief has led me to take it personally when a partner did not want sex with me. If men ALWAYS want sex, then them not being in the mood must mean something is unappealing about me. Take it one step more. How has this belief caused me to behave? It led me to constantly seek sexual validation from my partners in order to feel good about myself. Now do yours on the next page.

BELIEF	BEHAVIOR

ACTION EXERCISE - LETTING GO

Did anything that you wrote down surprise you? Now that you see what kind of stock you have in the storehouse, it's time to decide what has been serving you. If the values you inherited from your family, religion or community are keeping you shame based, you will want to let these go. If a belief that you have been holding onto is in the way of your fulfillment as an erotic being, are you willing to let it go? Hopefully your answer is Hell Yes!

In my work with clients, we spend a lot of time on this, and I have lots of different processes to use. For today, I'm going to give you one way to let go of the old tapes, and you are going to take more action on this in Step Two - Feeling Deserving.

The most effective actions will engage you body, mind and soul. You have engaged your mind by thinking of these negative beliefs. Your body is about to take some physical action.

To engage your soul, I want you to create a ritual that signifies letting go of these useless beliefs and behaviors. If you have never done a ritual before, it's simple, and there is no one right way to do it. I really like to use the natural elements of Earth, Air, Fire or Water.

Here are some ideas for how to Let Go.

Choose something to represent your old beliefs. Hold this in your hands and imagine the things you are letting go of pouring themselves into your ritual object, filling it. Then dispose of the object using one of the four elements:

Fire - Write your old ideas on pieces of paper and burn them.

Water - Write the beliefs on graham crackers and toss them in a stream

Air - Take a bag of breadcrumbs, and toss them into a stiff wind

Earth - Take stones, each one representing the heavy burden of belief, and bury them.

As you let your crap go (Sorry there's no other word for it), speak aloud, I release my old beliefs that no longer serve me. From this day forward, I am made new, free to have all the love and pleasure that is my birthright.

Take a deep breath. Take several. Did I mention that I have a Facebook Group? Find Your Tribe is Step 5, but let's start now. Join us at <http://www.facebook.com/sexkinkintimacy> and share your experience working through this handbook with other Pleasure Evolutionaries.

STEP 2) FEEL DESERVING

This may be the biggest block I see in prospective clients. Just like we have messages about sex in general, we have many negative self beliefs. "I'm too fat, thin, old, smart (fill in the blank here) to have a great sex and love life."

A lacking sense of self-worth is so common, it's like the ailment of our modern times. We are constantly trying to prove our worth. Maybe you had parents who never let you know you were good enough, or you let the media bombard you with images of people "better looking" than you. It doesn't matter how you got here. It's going to stop.

In order to step in Sexual Authenticity, you have to know your worth. You are loved, you are loving, you are loveable. You deserve to be love and be loved. Believing that starts here and now.



EXPLORATORY EXERCISE - MY INNER CRITIC

Just like you have some negative beliefs about sex, chances are, you have even more critical thoughts about yourself. Just like in first inventory, I invite you to become acquainted with your shadow. On the worksheet, write down every nasty thing you ever tell yourself. Sometimes, these lurk, waiting for a day when you are down already. For example, when I experience a disappointment in relationship, I can immediately hear that voice that says, "See you are too much. If you were simpler, he would have stayed."

Write down every negative thing you can think of. Let that monster have a field day, because we are going to vanquish it in the action exercise.

It's really important to recognize here that these statements are not true. You are afraid that they are. But FEAR stands for False Evidence Appearing Real

False

Evidence

Appearing

Real

ACTION EXERCISE - INSTALLING NEW CODE

You are a product of your programming. And just like a computer, your brain is responding to the old code. It's time for an upgrade.

Look back at the Negative Self-Talk and Sexual Belief Inventories, for each statement write a counter statement or affirmation. **Make sure your new belief is phrased in current time and positive terms.**

Here are some examples:

Enjoying sex is shameful. Some choices of counter statements would be:

Enjoying sex is my natural birthright

I embrace my sexuality freely

I am too old to find a relationship. Reprogram this with

I am the perfect age to meet someone special

Now is my time to have everything I have wanted

Write down the things that resonate with you. It might feel like you are saying something that isn't true. That's okay. When you first start working out at the gym, your muscles hurt, right? Same thing is happening here. You are growing new thought muscles.

Here's mine again: I'm too much for most men. The counter statement would be - I Have a partner who loves how big and powerful I am.

OLD BELIEF	AFFIRMATION

Now take those affirmative sayings and put them places that you will see them. Say them several times a day. Tell them to yourself in the mirror. Meditate and see yourself living fulfilled, loved and gratified. You are speaking into life your new reality.

STEP 3) IDENTIFYING DESIRE

To be fully Sexually Authentic™, you want to claim your truths in a number of different areas. Maybe, you have never even thought before about the diverse ways that people express themselves erotically. You would be amazed what people are aroused by. In fact, I can pretty much guarantee that whatever you discover about yourself, somebody somewhere is into it too.

Choosing from The Smorgasbord

That's right, life is like an all you can eat buffet. And just like the buffet, just because there is something on it, doesn't mean you have to eat it. However, it's good they label everything, because you never know when something you've never tried might sound delicious.

EXPLORATORY EXERCISE - TURN-ON SHOPPING

When I first began expanding my sexuality, I used to go into sex toy stores. I never bought anything, at first. I would just peek around. Realizing that people were using every wild thing I saw in there, made my ideas not so objectionable. Eventually, I bought my first vibrator, a pink silicone thing with a beaver placed for clitoral stimulation.

Before you do this exercise, I want you to take a few minutes to connect to your body. Breathe deeply three or four times. Notice what your body feels like. Are you comfy, stiff? Now, as you go through the exercise below, be aware of changes in your body. Does excitement originate in your crotch, or your heart? Are you tingly? Are you fearful? Sometimes anxiety is a cover up for excited. Just notice. Also notice what things make you go Eww! It's okay. One person's yuck is another one's yum.

The internet is the ultimate shopping mall. I encourage you to look for images that turn you on. Are you getting a tingle just reading these pages? Great! Find erotic writing that gets you excited, images that light you up. As you become more self aware, and approving, you will be able to communicate to current and future partners what you want.

Once you have identified some things about yourself, the next step is about acceptance. In fact, you might have noticed those critical voices coming back. So the action exercise for this step is to give yourself permission to like what you like.

Notice that I didn't say do anything about it. This is actually a common reason many people block themselves from connecting to their true arousal currents. They are afraid to allow what they are turned on by.

You are responsible for what you do, not for what you think. Your body can enjoy imagining certain activities that may be too threatening to your existing relationship to try. Also know that I NEVER endorse you engaging in behavior that is illegal, for example sex with children, animals or others who cannot give consent.

Your Authentic Sexuality has multiple components.

Here are a few categories to think about.

Your Gender - This is your personal sense of who you are and may have nothing to do with the genitals you were born with. Do you think of yourself as male, female, both or neither? There are new terms for this all the time.

These are the 58 currently available on Facebook:

Agender	Male to Female
Androgyne	MTF
Androgynous	Neither
Bigender	Neutrois
Cis	Non-binary
Cisgender	Other
Cis Female	Pangender
Cis Male	Trans
Cis Man	Trans*
Cis Woman	Trans Female
Cisgender Female	Trans* Female
Cisgender Male	Trans Male
Cisgender Man	Trans* Male
Cisgender Woman	Trans Man
Female to Male	Trans* Man
FTM	Trans Person
Gender Fluid	Trans* Person
Gender Nonconforming	Trans Woman
Gender Questioning	Trans* Woman
Gender Variant	Transfeminine
Genderqueer	Transgender
Intersex	Transgender Female

Transgender Male

Transsexual Female

Transgender Man

Transsexual Male

Transgender Person

Transsexual Man

Transgender Woman

Transsexual Person

Transmasculine

Transsexual Woman

Transsexual

Two-Spirit

And what pronouns would you like to use? Beyond he and she, there are Xe, Ze, Fae, They and others.

Your Presentation - if other people's opinion didn't matter, how would you dress? This has nothing to do with who you like to have sex with.

photo courtesy of <http://www.seanandlauren.com/>

Your Sexual Orientation - what body parts do you like to have sex with? Just like gender, terms for this have changed over time. When I was in college, you were straight (had relations with the opposite sex), or gay (same sex) or bi (sex with both genders). Now we have pansexual, meaning gender doesn't matter, and asexual, meaning you don't engage in sex with anyone else, and many more.

Your romantic orientation - you may find you partner bond more often with one sex, while still being open to sensual activity with the other. This is where the terms hetero-flexible and homo-flexible come in.

Your kink identification - Are you interested in the world of power, sensation and/or fetish (being turned on by an object or activity)? When you read these words, do you get flickers down below?

Dominant - having power over another individual

Submissive - being under the control of another

Sadistic - get turned on creating pain (or pleasure) in another

Masochistic - being aroused by receiving pain or forced pleasure

Your relationship style - would you like to have one committed partner? Multiple loves? Sex without commitment?

ACTION EXERCISE - MY INTIMATE LIFE MANIFESTO

In my ideal world:

I am openly _____ (gender)

I dress _____

I'd be in these kinds of relationships with these kind of people: _____

_____ Having this kind of

sex _____

This often _____

Congratulations! You have taken three huge steps towards claiming your Authentic Sexuality. If you notice that these exercises challenge or excite you, you might want to get more help with your exploration. Coaching with me happens over zoom webcam or the phone. If you are ready to step into your gratified life, I'm happy to help you. Let's talk and see how I can help you achieve your sex and relationship goals.

Click below to schedule a conversation

GET READY!

STEP 4) BE THE LOVER YOU ARE LOOKING FOR

First off, let's get into what makes you feel loved? Would you be surprised to know that this is different for everyone. Not only that, the way we show love is usually how we want to be loved. And our partner may have totally different expectations. Not only that, if you sit around waiting for someone else to validate you, you may be waiting a long time.

The book *The Five Love Languages*² describes five ways that people experience love. It's not the same for every person. They are, Gifts of service, touch, quality time, words of affirmation, and tangible gifts. According to the book, we all have primary ones we like to receive, and another one that is our primary to demonstrate.

Here are some examples along with their category:

Gifts of service - being taken out or cooked for, having your computer hooked up, or your car taken for an oil change.

Touch - everything from snuggling, to hand holding, to sex

Quality time - doing things together, hobbies, travel, intimate conversation

Words of affirmation - compliments, endearments, encouragement

Tangible gifts - chocolate, pay my rent, jewelry



Photo by [Mira Bozhko](#) on [Unsplash](#)

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- ² Chapman, Gary D. 1995. *The five love languages: how to express heartfelt commitment to your mate*. Chicago: Northfield Pub.

ACTION EXERCISE - BE THE LOVER YOU ARE LOOKING FOR

There is a way that we perpetuate our own sense of scarcity. As long as you wait for someone else to complete you, you will never be happy. Because you can't control what other people do.

Also, other people will only love you as much as you love yourself. I'm sorry, it's true. I wish it weren't and I wasted a lot of my life trying to get other people to change, or to validate me. I've been kind, and I've nagged. I've looked high and low. And what I discovered is the best way to experience and embody your sexual authenticity is to be the Lover you are looking for.

Take things that you identified in the exercise above, and give them to yourself. Try items both that you want to give, and that you want to receive. For extra points, branch out and give those things to someone else. They don't even have to be a partner. To have more love in your life, choose to give love to more people.

From this already fulfilled place, if you want to meet someone, you will attract partners who see you more fully and love you more the way you desire. If you are already in a relationship, you will be surprised how other people change and respond to this new you.

STEP 5) FIND YOUR TRIBE

They say it takes a village to raise a child. It takes a community to raise a grown up. As you start leaving the conditioning of your past behind, you will want to surround yourself with like-minded and supportive people. Where can you find them? Internet sites like meetup.com have groups all over the world devoted to all kinds of hobbies and topics. Fetlife.com is the most widely used site for sex-positive and kinky individuals. There are sites devoted to social nudism. Swing lifestyle is the largest social networking site for swingers. There are travel agencies that specialize in sexy vacations.

Take classes. We have no problem working to become better at business, or sports. Be willing to devote time and money to become a great communicator or a better lover.

Sex and intimacy is one of the things we think we are supposed to be naturally good at. Wanting a completely satisfying sex life is considered frivolous by people who don't know better. Being sexually active (even if it is with yourself) will help your emotional, physical and mental health. It even helps your memory, because orgasm nourishes the brain in ways that traditional mental exercises don't.

The exercises for this step are simple.

EXPLORATORY EXERCISE - RESEARCH YOUR TRIBE

Here are some sites I recommend

Meetup

True Nudists

Fetlife

OK Cupid

Swing Lifestyle

Facebook Special Interest Groups try searching for Polyamory or BDSM and lots come up



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ACTION EXERCISE - SHOW UP

It's time to make yourself visible to that Tribe. Go to a meet-up or event. Post in the group. Introduce yourself. I recommend going with the intent to make friends, rather than find lovers. This will take some of the pressure off, and make you more attractive. Those friends will become your best reference when someone comes around that you want to date.

It has been so much fun creating this Handbook for you. I'd love to meet you, and hear how your experience has been.

Please go right now and post at [Pleasure Evolution's Facebook community!](#)



IN SUMMARY

Thanks for spending time with me. I hope you have found the Five Steps to Sexual Authenticity useful.

They are:

Step 1) Meet the Judge and Send Them Packing

Step 2) Feel Deserving

Step 3) Identifying Desires

Step 4) Be the Lover you are looking for

and

Step 5) Find Your Tribe

Remember as you walk this path of self-discovery and empowerment, you will hear the voice of the Judge. It will either come from within, or from someone close to you. Be willing to acknowledge where you came from, and keep moving towards your goals.

Allow yourself to know that you deserve to be happy. Happy people are productive!

Enjoy the game of finding out what lights you up and turns you on.

Treat yourself with all the love you wish to share with another.

And find your Tribe of like minded souls to encourage and inspire you.

If things have come up for you, I'm happy to schedule time to talk to you about how you can work through your obstacles, learn new skills and achieve your goals. Give me a call at 828-348-4925.

Pleasurably Yours,



Rebekah Darcy
Benetean