



THE
DESIRE
SERIES



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**UNLOCK THE SECRET TO
YOUR DESIRE**

2019

WELCOME

read this first

I am so thrilled to have you on this journey with me into The Desire Series.

Imagine approaching sex with same curiosity and excitement you feel about taking a new class, instead of the dread or awkwardness that may have brought you here.

Imagine having the skills to be able to really understand yourself, your body and your partner's responses & body and truly share that together.

Can you see yourself more engaged in sex and pleasure? More curious and attentive to what you like? To what your body likes? To what your partner likes?

Imagine yourself with the skills to be able to talk confidently about sex, pleasure and desire in ways that help you feel understood and valued.

Your journey into The Desire Series covers all of this and so much more. Together we will learn and practice the skills required to develop a helpful, reliable and *sustainable* relationship with desire.

Over these modules, you will be guided step-by-step through facts and myths about desire, and also discover ways of understanding your own desire to help you feel more in tune with your experience. You'll learn how and why desire dwindles in relationships and what you can do about it. The Desire Series will teach you what you most need to learn to take back your relationship with lagging libido.

This entire video program, plus comprehensive worksheets is the equivalent of 6 months of coaching with me Yes! Truly! 6 months! That's how informative this program is.

If you opted into the group coaching offer, we'll be diving deep into all your questions and insights there through live webinars with me - that you can access any time after - they will be recorded.

WHY YOU NEED THIS

So many of us get no sex education, limited sex education or simply do not know how to integrate the information we find about sex online. Many of us have no one to talk to about this stuff and some of us don't feel comfortable even discussing this with our partners. This is not your fault and this program will help you understand why sex and pleasure can be so complicated and tricky to talk about.

There is still a stigma about seeing a sex therapist or asking for help because we are expected to just magically know how sex works, as if sex is 'natural' (it isn't & I'll explain why not in the program) and everything we need to know gets downloaded by magic with no effort on our part at all. But none of this is true.

Just like learning to paint, draw or cook, we must learn from someone who knows more than we do, at least to get us started on new techniques.

After a desire blow-out in my own relationship over 13 years ago (that led to the end of it), I consulted numerous therapists, guides and sources for answers to what was 'wrong' with me.

I had hormone tests, ate libido enhancing foods, lost weight, gained weight, had individual counselling, couple's counselling and was at the end of my rope mentally and emotionally. Nothing worked. No one I consulted told me what I really needed to know! Nothing helped! You can only imagine my sadness and frustration.

I wish I had known then, what I know now. Most clinicians in therapy and medicine do not get this information!

This is why I made The Desire Series.

This period in my life inspired my research into low desire, because I could not for the life of me work out what the heck happened! I had always been a very sexual person, then I remember thinking one day

"IF I NEVER HAVE SEX AGAIN, I'LL BE OK WITH THAT!"

Me!!! Who had I become?

While part of me knew this was not true, I was so despairing and overwhelmed with what I was feeling and not getting any answers, it was easier to check-out than get curious.

Losing my libido was not just about the sex. It was about losing connection with myself - and that was the part that broke my heart the most. I felt lost and broken from a part of myself that had always brought me so much joy.

Fast forward to 2019 - since then I have studied desire for over 10 years in all its forms and the techniques I share with you in The Desire Series are the very same ones I have used myself, to reignite my passion for life, sex and pleasure. No pills, potions, foods or hormones. Nothing 'extra' - just practical solid information, some deep internal work and a whole lot of erotic wisdom.

These techniques and methods when applied, are assured to change your relationship with desire forever!

Whether you are curious about desire, struggle with desire or are in relationship with someone who struggles with desire, this program is designed specifically to help you understand:

- what desire is
- common myths and misunderstandings about desire
- what science tells us about desire

- how desire and arousal work
- why people experience desire differently
- what activates desire
- identifying your relationship with desire
- working with and communicating what you find
- understand what desire discrepancy or mismatched libido is
- and what to do when your sex drives do not match
- plus a variety of exercises, reflections and practices to help you understand your desire and the desire of others.

This is a program for people who have an interest in understanding the delicious, quirky and frustrating elements of sexual desire. It's for people who are curious, enthusiastic or willing to explore themselves to see what they find there.

This course explores the known science and theory behind desire and also the esoteric knowledge of desire's ways that makes it so unique to each of us. We will examine what drives our own desire and also consider the most common blockages to accessing this powerful energy. You'll learn what it means and what to do when desire drops, and explore some of the distractions that can take us off into unhelpful directions when getting to know desire in ourselves and in others.

Like with anything worthwhile, if we want to master something, we need to invest in it. To learn it. Practice it and dedicate some time to it. Sex is one of those things.



WHAT NOT TO DO

All of that initial excitement, creates a wonderful foundation for getting fresh perspective and making time for sex / pleasure to happen regularly. In fact, when things start to go well, those first few days make us think

“This is a breeze”

“This time is different”

“This time I will commit and I won't get distracted”

“This time I am really ready for change.”

And then, of course, you know what happens right? Life happens. I have lost count of how many clients I work with in consultations and therapy who tell me week in and week out

“We didn’t do our homework”
“This week was a really busy week”
“Work has been crazy”

Then I remind them that every time I see them, they say the same thing. Some variation on ‘life gets in the way’. This is true. This is actually a thing. And stuff does come up. And... you also want to make changes to your sex life. So this is not an either / or situation. This is an AND situation.

Your life is busy and hectic AND you want your sex life to be rewarding. This combination of life + sex is the main thing that people struggle with and the main thing that reduces our willingness or capacity to experience pleasure.

You hit some kind of snag and you tell yourself, I’ll do it tomorrow. Tomorrow turns into next week. Next week turns into next month. The next thing you know, you’re right back where you started.

No matter how enthusiastic we are at the beginning of any new endeavor, there’s one crucial habit (and that’s precisely what it is – a habit) that distinguishes sexually satisfied people from those who are sexually dissatisfied...

The commitment to persevere and experience their sexuality as if their life depended on it.

And in some ways, it does.

Sure you won’t die from a lack of sex, but your quality of life may be significantly impaired because of this. Especially if you know it is something that is holding you back that you would like to change. In fact, I suspect you already know this, which is precisely why you’re here.

You already know that sex is important to you and you have already made a commitment to getting started on a new approach to prioritizing pleasure. We are all perpetually distracted by everything.

There will be a gazillion reasons you can put it off and a gazillion reasons to not do it at all. Especially for those of us socialized as women, the tendency to put ourselves last is powerful. The struggle is real.

For the rest of us the normalization of checking phones in bed, multi-tasking, feeling guilty or ashamed for lying around having sex when the plants need watering, bills need to be paid, errands need to be run and kids need to be fed etc all can feel very burdensome.

Allowing this level of distraction to be the controller of our sex lives is like allowing a toddler to manage our finances. All impulse and no dedication leads to short-term gratification but long-term disappointment. There's no consistency, attention to detail nor reflection on what might be more rewarding, satisfying or exciting. This course is designed to change that.

When we are in a perpetual state of distraction we are left in situations where sex becomes another thing on the 'to-do' list simply because we cannot slow down and concentrate long enough to bring our attention to what we are doing.

And to be clear, this is not about performance. Nor is this about setting yourself up to fail nor liking things you do not like. Instead it is about taking the time to pay attention to your body long enough to notice the more subtle ways it communicates with you about what feels good and what habits you have developed over time that may prevent you from receiving those subtle but profound messages. Continuing to do things as you've always done them and expecting a different result is.. literally crazy-making.

This course invites you to change that experience, not with huge, grandiose and unsustainable changes, but rather subtle practices that help you tune into what really matters. But, don't just take my word for it. Find your own wisdom. With my guidance and your diligence, you will be genuinely amazed at what the world of sex and pleasure can offer you by simply applying yourself for the duration of this program. I am thrilled to have you here!

Cyndi



HOW TO USE THIS COURSE

- THESE MODULES ARE IN SEQUENCE
- WATCH THE VIDEO FIRST
- THEN GO TO THE WORKSHEET
- DO THE WORKSHEET - IT MATTERS
- THEN GO TO THE NEXT MODULE
- TAKE YOUR TIME
- DO NOT RUSH



NOW, LET'S DIVE IN!