

The Secret Recipe for Great Sex,  
Incredible Intimacy, Finding Romance,  
and True Love After 50...



*Debra Darlen*

## A Note From Debra



Whether or not you've been married, or living with someone for a long time, or you are looking to find a new romance and true love-life after 50 somehow feels – well different.

You may feel self-conscious about your physique, feeling too thin, too fat, out of shape, too 'wrinkly', old, grey hair or no hair, loss of energy, and less enthusiasm when it comes to sex and/or dating (married or not) and no matter how hard you try, you still just don't feel all that great.

Do you feel helpless, hopeless that things could ever change?

Well, I know exactly how you feel!

Well, I have discovered several "Secret Recipes", one of which I am going to share with you right now which you can use to turn things around right now!

## Love Prep #1 - Select Unique Ingredients

This is a simple recipe that YOU can follow because you don't have to try to get him to do ANYTHING.

Everyone is so unique and special. So, your ingredients will be as unique and special as you are. That's right, you will 'select' the unique ingredients which will suit you perfectly.

However, the steps are the same no matter what. You will immediately 'get it'.

In fact, you will actually have lots of fun doing these things. It is intended to get your creative juices flowing (you ARE juicy-whether you feel like that or not right now) and be surprised by the results!

## **Pamper, Pamper, Pamper Yourself**

Begin pampering yourself every chance you get! For example, if you walk your dog in a park, ask yourself what you enjoy about that.

Look around the park, what do you see that you find pleasurable?

There are wildflowers in the park that I ride my horse in. Sometimes, I will simply reach down and pick a few and put them in my hat. Or in my shirt button and that makes me feel beautiful and giggle. I feel silly sometimes, so it makes me laugh!

You might take some flowers and when you go home put them in a vase, in front of the mirror where you put your makeup on, so you can continue to remember and reflect on how beautiful they are and how nice it felt on your walk.

Contemplate, just how pretty and fragrant they are and so are you. Infuse this feeling into your mind and body. Keep the feeling with you as long as you can.

It doesn't really matter what you do to pamper yourself, and everyone will do this differently, just make sure you do this everyday.

Whether it is as simple as taking a nice long bubble bath to your favorite music or as fancy as treating yourself with an expensive outfit. Simply do it. Enjoy yourself and keep that feeling with you.

## **Make Your Bedroom an Invitation For Love**

Take a nice long look at your bedroom and notice how it makes you feel.

Does it feel like a soft, relaxing, sensual room, conducive to closeness and intimacy with your partner?

Write down detailed notes on the current way you feel when you walk into your bedroom and bathroom.

Then, write down how you'd like to be feeling in your bedroom with your partner. Reflect on the things you might do to change the feeling in your bedroom.

Then, add those ingredients and enjoy as you stir things up!

In fact, the tiniest shifts that reflect your sense of warmth, style, sensuality and love will make a bigger impact than you will imagine. And with the added benefit of making yourself feel fantastic.

For example, take your nightstand. I started there! Our bedroom set was black italian inlaid wood- I never really enjoyed it -because we also had kitties and the kitty hair showed up like crazy on our bedroom furniture! I began doing my noticing thing- and found I was actually feeling a lot of 'resentment' (Resentment is certainly no attraction to intimacy-even if you aren't feeling resentful of your partner!) I resented the kitties shedding, resented the black bedroom suite (which I once loved) and yes, resented my husband for 'making me' buy the black bedroom suite (I loved it, but told him black was hard to keep clean- he said don't worry- it will be great) and of course, I resented that he did nothing to clean it ever! So, it was all on me and/or our housekeepers!

I also noticed both of our nightstands and dresser tops were messy, cluttered with little things and how it really made me feel yukky. My nightstand contained 3 drawers and on top were little things like a 'one earring' pile, little scraps of papers with notes, alarm clock that was rather clunky and books. I noticed I felt 'ashamed' of how messy it looked, when I looked in the mirror that was near it, I noticed that I 'looked messy' too. When I looked at myself I said, 'ugh'! I felt all sorts of things. Right then and there I knew I had to Change it Up!

So the first thing I did was change my 'look' as I did housework. I went into my dressing room and put on a nice comfortable soft pair (very old, but nice as I hadn't really ever worn them much) red velvet slacks that were loose, and tied at the waist with a clean white shirt that had a little red piping on the sleeves and cuffs.

I brushed my teeth, put on a little makeup and red lipstick! Put my hair up in an easy soft bun and put on earrings! When I looked in the mirror, I said, 'Ahhh...nice...much better' and smiled at myself!

Then, tackled my nightstand! (I resisted the temptation to touch his nightstand or even really look at it. ) I focused solely on mine!

I removed everything from it and put it away (or threw it away) except my lamp, a nice pretty box of Kleenex, and then I added a pretty sterling silver candlestick with a pretty white tapered candle.

I felt I didn't need the alarm clock anymore as I always used my phone anyway. I also set some of my favorite music to play when the alarm went off.

Little by little, I tackled every one of my drawers, my dressing table, makeup table and noticed how wonderful it made me feel! Not only did my personal spaces become more inviting to me, they made me feel fantastic!

When I glanced in the mirror, I was actually smiling without even realizing it. Nothing forced about it.

I realized how important it was for me to feel good about myself- the way I look- ALL THE TIME! No matter what I was doing! I realized when I took the time for myself in that way- it made everything feel much much better!

Many people believe that for a relationship to be deep and intimate, loving and connected, both partners must 'talk about everything', the truth is quite the opposite!!

Let's go back to what we went over earlier...remember? Remember when you took such great pains to look nice on those early dates and days, when your relationship was budding and thrilling? Remember those feelings you had for each other back then?

Remember carefully selecting your clothing, taking a nice long bath, getting that manicure, doing your hair, making the extra mirror checks to see if you looked as good as you could? Smiling at yourself because you were happy with your results of yourself? Excited to see them again and looking forward to the evening with them?

Ask yourself- Did you call them up ahead of time and explain what you were doing to 'get ready' for the evening? Did you ask them to be sure to dress in a certain way for you? Did you explain what you 'expected' from them as a result of the efforts you put into looking nice, feeling good, or plans for the evening? When you got together - did you criticize what they were wearing or how they looked?

Nope- you did not. You felt great about yourself and when you looked at them, you thought they did too! You showed up, with no real expectations of any result!

The Secret Ingredient in this recipe is NOT what you do so much as doing what feels GOOD to YOU - showing up anywhere, feeling good about what you are doing and how you are doing it will instantly bring lots of MAGIC into your life. In fact, I guarantee you will be surprised!!!!

## Love Prep #2 - Get Ready to Receive

Sounds Easy Right? Interestingly, it is not quite as easy as one might think. In fact, studies show that most people are much more comfortable with 'Giving', than they are 'Receiving'.

There are lots of studies and research on this and even though you may 'think' people are generally not very 'giving' or that they are 'selfish'- the exact OPPOSITE is true!

Most people love to give -what they have the ability to give.

However, when they are on the 'receiving end' they are not so comfortable. In fact, most people are extraordinarily 'uncomfortable' with receiving gifts, generosity, and compliments, from others.

Reflect back on the last time someone gave you a compliment. Did you believe them? Did you accept it graciously and say, 'Wow, thank you, that is so nice of you to say, in fact that feels fantastic!' or did you respond as most do, by minimizing or even denying the compliment? '

There are two things wrong with that. Rejecting compliments (which are real gifts) 1) You are internally telling yourself you are not Worthy of the compliment-that you don't deserve it- that you are not that nice looking or something like that; and 2) You refusing to RECEIVE the gift!

Perhaps you feel if you accept a compliment, you are being egotistical. Which is really just a 'nasty thought' about yourself! This type of response becomes habit and we do it unconsciously! Regardless, it is very important to CHANGE that habit and learn to graciously RECEIVE gifts in whatever form they come!

This Secret Recipe, if you follow it, will ensure you develop the skills and many many benefits of BEING READY TO RECEIVE! This is an old recipe which I learned from my Grandmother. She was a beautiful woman on so many levels and a wonderful inspiration to me as a young woman. I was fortunate to have her in my life (my parents were teenagers when I was born!) and fortunate to have my grandfather as well!

1. Be an invitation to RECEIVE! You may be wondering what they heck that means! Well, its not as difficult as you may think. But it is all about NOTICING what YOU (not your partner or anyone else) is feeling and

thinking. This is one of the key ingredients in all of my recipes and tools. NOTICING how you feel when you get a gift or an invitation.

You see, in today's world, I hear many many young women say things about their men such as:

- Don't open the door for me
- I'll pay half for dinner
- Let me buy dinner
- I can't accept that gift (jewelry, vacations, clothes, cars, or whatever) from him
- If I accept this favor, I'll 'owe' him something-like sex
- That is too generous- I'm sorry I can't accept that
- I don't look that good!
- I'm too fat which is why he can't love me
- I'm too old to attract a good looking man
- I'm too ....fill in the blank here
- He is complimenting me, because he wants something from me, and I'm not sure I want to give that

These statements are all the statements made by a woman who has unwittingly become completely unable to RECEIVE most of anything! She probably doesn't even know it. It becomes an unconscious set of 'thoughts' running through your body which manifest themselves on your whole 'vibe' to everyone.

Men can be the same way, only they do it a little 'differently'. However, there are many similarities: If a woman gives them a gift- whether it is a simple compliment or token of her affection and love, a man who is not comfortable with receiving, may reject it as well.

However, a woman who is able to receive, who is ready to receive, can easily heal her partner who may have trouble with RECEIVING, by simply learning the ART of RECEIVING and getting really good at it!



# Love Prep #3 - The Power of Your Purr

Discover and Tap into your most powerful source of strength- your natural femininity- Develop and Create Your Feminine Purr

## Open Your Heart

The first step is to OPEN your heart and then KEEP IT OPEN, no matter what! No matter what or how you feel about the situation (good or bad), the person giving, or even the particular gift.

See, you may not know you have a closed heart and you may even be saying to yourself- I am a loving open person! Well, I used to feel exactly the same way.

BUT- I realized that although I thought of myself as being an open loving person- I wasn't ACTING like one! You see I am more of an introverted person and although over the years, I have learned and perfected many tools to compensate for my introversion.

I had to learn to do this in business and in social situations that I ordinarily would shy away from. As a result of years of practice, I have even come to enjoy them!

However, I realized that I was completely CLOSING my heart during these activities. I was - of course cordial, warm and friendly- but I did not let anyone IN. I realized that by closing my heart, it gave me a sense of safety.

However, I FELT inauthentic, because deep down I was telling myself that I would really rather be home reading a book by the fire than having to try to listen and connect with these 'other people'!

When I began to truly OPEN my heart, these activities were surprisingly pleasurable and I found more people genuinely connecting with me. People were drawn to me and I realized how naturally magnetic that is.

So, how do you OPEN YOUR HEART?

- First, you put your shoulders down (not up) and open your chest by breathing deep down into your tummy as regularly as possible (don't hold your breath) keeping your breath as even as possible.
- Lean back, keeping one foot slightly behind the other for balance.
- Drop your arms by your sides (never fold your arms in front) with palms facing the person you are talking with and simply focus on shining your warmth, light, and love right from your heart to theirs.
- Be sure to look them into the eyes when they are talking and listen, really listen to what they are saying to you all the while shining your warmth on them.
- Relax your mouth keep your lips slightly open and be sure your eyes are open and connect with them through the eyes. Smile at them while they are talking.
- Then, really LISTEN and follow everything they are saying.
- Don't allow yourself to begin formulating an answer, rather try to imagine what they are telling you about.
- Imagine them doing something they are explaining they did, focus on the details, of the person.
- Then, completely give in to them.
- Try to become engrossed in their story, or or their ideas.
- Allow yourself to be totally open to them while continuing to shine your warmth, light, and love!

Now this will probably make you feel vulnerable when you first do it!

BE Vulnerable - that's right- go ahead- try it. Just let it hang out there- and be vulnerable. Feel vulnerable!

Express your vulnerability when you feel it! It is completely GOOD!

Embrace and love those all of those feelings and emotions! Try it!

These days, women are particularly good at 'acting' strong and secure.

The problem with that is they feel weak and insecure inside so their strength is all surface stuff.

A man can sense that within miles! So, when you act strong and secure, but you feel soft, vulnerable on the inside, you are actually NOT being authentic.

What happens when you OPEN your heart and allow yourself to express your vulnerabilities, your soft femininity' is instantly felt by men.

As you develop the art and skill of OPENING your heart, you will become vulnerable on the outside. Yet, you will be building your inner strength! That inner strength is what attracts a man as a matter of fact, it is irresistible to them! The OPEN heart is sincere and your feminine power is completely magical.

## Love Prep #4 - Whip Up a Special Daily Ritual

While routines are certain helpful and sometimes even necessary (if we work a job and have to be there at a certain time...routines are required!)

However, interpersonal routines can actually be dangerous! Interpersonal routines are a sliding slope to 'routine' feelings about intimacy, sex, & love!

Yet, there is nothing routine involved when it comes to experiencing incredible intimacy, mind blowing sex, and intense romantic love~

If you've had the experience of intense intimacy, they you'll agree, there was nothing 'routine' about it! It was spontaneous, unexpected, new, different, and almost indescribable. Far, far from routine.

Most people who have been together for along time, tell me they 'fell into a rut' and have become bored stiff.

So, one of the most powerful tools you can implement today, is to change your personal routines (and still get to work on time) in a creative and artful way. It's simple!

## Mixing Up Your Routine

Start by carefully reflecting on the little things you do that have become routine. So routine in fact, that you do them automatically without thought. For example, your morning routine.

Do you get up at the same time everyday? Make Coffee or Tea? Brush your teeth, take a shower, walk your dog or ride your horse?

The first step to begin to take NOTICE of what you do without much thought. Write it down on a piece of paper or on your computer.

Really get into it.

Be very detailed and number the things you notice about. Then, just as carefully and detailed, CHANGE IT on paper! That is right, simply write down how you're going to change it up. It might look something like this:

Current AM Routine

New AM Routine

Wake up at 6 to alarm

Wake up at 6 to music you love

Slip on Jeans and T shirt  
Make Coffee and Toast  
makeup  
Run load of laundry  
Walk the Dog  
Shower  
Dress for Work  
Laundry in Dryer  
Leave for work by 8 am  
Make Coffee at work

Slip on silky robe over silky PJ  
Shower, do hair and  
Cozy up in favorite chair & read...  
Dress for Work  
Walk Dog in a different way  
Have Tea and Fruit on nice dishes

While you are reflecting on your old routine, and also as you create a new routine with this recipe, track your feelings and emotions as you do it the 'Old Way' and as you do it the New Way.

Pay close attention to yourself:

- Notice how you are feeling. Do you feel happy, stressed, rushed, lazy, tense, relaxed, are you feeling resentful about anything you are doing in that routine?
- Be sure to write those feelings down as well for each little thing you do!

It's amazing just how many feelings we have going on running through our minds and bodies at all times!

However, you will probably notice that you have feelings about what you are doing whether you ever noticed it or not.

As go through this Recipe you will want to specially create your new routine which will trigger good and pleasant feelings.

As you go through your new routine be very thoughtful to notice how you are feeling.

Work on your own new routine in such a way as to feel good and pleasant feelings.

Notice how these feelings affect your body and pay attention to your body actually relaxes it will show in your face.

You will be able to look in the mirror and see your facial muscles relax and be sure that you smile at yourself (all the time and as much as possible)

## Love Prep #5 - Let It Simmer – Keep It Cool & Fresh

### Experiment and Experience Your Unique Style - Just for YOU!

Your Style- shoes, clothing choices, hair, makeup, - begin experimenting on all these things- change it up- mix it up- notice how it feels! Do you remember when you first began dating them and you took great care in selecting clothing, dressing, doing your hair, and how often you looked in the mirror just to check it looked as right as you felt?

No matter where you went, you took extra efforts to 'look nice'? Remember how good that felt? Remember how really good it felt if they said something like, 'You look really nice" or better yet, gorgeous?

Well here is the problem, we soon forget about that and fall into a 'routine' of not really taking the time on our style of dress. Nor do we put nearly the effort into looking nice before sitting down to dinner in the kitchen with one another. In fact, we may not even sit down to eat together at all or do it in front of a TV. Not saying much at all!

It is not that we became lazy, it just sort of happened'. We may be wearing the same PJ's we had 20 years ago! Same shirt and shoes! ( I have shoes that are more than 20 years old that I still love!)

Why?

If you are saying, oh boy, why can't I just be 'myself'? I get that. The reality is, if when you look in the mirror, (or avoid looking in it) and say 'yuk', you are NOT being yourself at all.

In fact, you have likely fallen into that proverbial 'married trap' and have let go of yourself---maybe even a bit of your own identity! That is right! And, you can fall into the 'married trap' whether or not you are even married!

If you've become a 'couple' -it happens and often happens quickly! Now you are 'the Williams', or the 'Smiths' who are invited. If you are a woman, you've perhaps changed your last name and part of you (you feel it) seems lost and gone. Yet, you 'let it go', because it's what you believed you were 'supposed to do'.

It is very subtle, yet, it happens and the longer you are with someone, the more you meld into 'one' identity. That means, some part of you gets lost and forgotten. It doesn't have to be that way.

So, these recipes require you 're-discover' your true self, your true voice, and be totally authentic again! This is NOT about becoming someone you are not. It is NOT about your partner, it is ALL ABOUT YOU! It is discovery by you and FOR YOU!

The truth is, by taking the time to rediscover yourself, you WILL instantly see how you attract your partner in the very ways you've always WANTED! You see, just as quickly as you can fall into the 'marriage trap', you can step out it.

Actually, you can step out of it instantly and forever, whereas it often takes a bit of time to fall into the trap. (I am not saying marriage is a trap- it is

not-but there are known 'identity' dangers that can and often do happen in marriage or long term relationships)

Why you want to do this is all ABOUT YOU discovering exactly what makes you feel GOOD!

So, let's CHANGE it up! This is not really hard at all and you don't have to go out and spend lots of money on a new wardrobe! For example, if you usually get home and immediately get out your work clothes into some sweatpants or a comfortable worn housedress, or you usually wear PJ's to watch TV in, do something entirely different!

For example, put on something soft and silky that makes you 'feel sensual and good'.

If you usually tie your hair back, let it flow loose instead. Experiment with different makeup colors or even the look. Perhaps wear pink lipstick instead red. Brown mascara instead of Black.

Again, this doesn't have to be a major 'makeover', it is just beginning to experiment and notice exactly what you are doing with these things! Notice how you feel now about yourself and the way you look now. Write down those feelings.

When you look at yourself in the mirror what do you tell yourself? Are you saying, ' Mmmmm, I look fantastic!" or are you saying, 'Yuk' or 'Or Well-good enough'?

Then, begin consciously making the tiny little changes in your personal style, which makes you feel relaxed and good, sensual, feminine and confident. So, if you look into the mirror and you say 'yuk'- change it up so you say, 'Mmm that is nice' or 'I like this' and you feel GOOD.

**SUPER SECRET INGREDIENT!!!**



Last, but not least, is the “Secret Ingredient”. Perhaps the most important ingredient of all....is that you absolutely MUST keep what you are doing a SECRET!

By that I mean, do NOT tell your partner what or why you are doing this!!!  
Don't tell anyone!

No matter what how excited you get- as you will become excited`!

You will become excited, because things will change IMMEDIATELY with your partner! And it will change in a positive way and you will SEE THE RESULTS!

You will get excited, because this will also impact EVERYONE who knows you. It will have a wonderful positive effect on EVERY relationship in your life.

They will begin asking you little things like, “What have you done to yourself?” ‘You look different, you look great, you seem so happy!’ Believe me, following this recipe will make you ‘appear’ different to everyone around you, not the least of which will be your partner! They will NOTICE.

He will become curious about what you're doing- in fact he will begin wondering about you during the day-when you're not even around! He will instantly become magnetically attracted to you.

**WARNING!!** If you tell your partner, or anyone, ‘What you're trying to do’, or ‘Make little innocent ‘suggestions’ about how you want them to behave”, or ‘Criticize them, for ‘their messy areas’, the recipe will NOT turn out! This is for YOU and YOU only!

Make Very Sure....that you are doing things for YOUR Happiness, for your Well being, and it will attract all the LOVE in your life you will ever need.

**You Can Have The Intimacy, Sex, and Love You Deserve**

I know, it sounds impossible!

However, I promise you, it is more than possible and you don't need to even tell your partner what you are doing!

Their 'participation' is not 'necessary'!

That is correct! You can make it happen all by yourself. I guarantee it!

Just imagine having the relationship you've always wanted, all the romance, incredible intimacy, great sex and adoring love (REGAL) in your life! No matter how many years and how many trial and tribulations you've endured as a couple - trust me it's possible!

In fact, it is a whole lot simpler than you've even dreamed!

The funny thing, is that once you give it even a tiny little try- you will be AMAZED at just how quickly you can turn things around!

I look forward to hearing from you about all your results!  
To talk with me, and to set up a free "Love Recipe Session" with me, [just write to me here→>](#)

<http://www.debradarlen.com/private-coaching>

With Love,

Debra