

Chapter 1 : Pleasure on Purpose | Relationship Coaching for Singles and Couples

The Purpose and Pleasure Retreat in Tulum, Mexico is a Desire Map retreat for spiritual seekers who are ready to uncover the secrets to having what they desire and living a life that lights them up for the New Year.

But not all forms of motivation are sustainable or conducive to a healthy mind and body. In our modern-day world, we have been trained to use reward and punishment techniques behaviorism, but these ultimately come at the cost of long-lasting motivation. This is an important distinction to make because seeking happiness alone often distracts or demotivates us with respect to goals that are more challenging, but also more rewarding. In our fast-paced technological culture, we tend to set aside goals and pursuits that pull us away from our pleasure-seeking entertainments. But if we can work through the initial phase of detoxification from distracting entertainments, so to speak, we can develop a motivational system that becomes progressively more powerful and rewarding. Emotional and Logical Motivational Value System Video Additionally, our biology is designed to enhance our motivation through focusing on purposes and goals, known as the reward system. Consider that when you work out or do physical exercise, the first few minutes are somewhat difficult, but afterward, the body releases chemicals that make you feel good. Dopamine is an instrumental part of rewiring the brain so that new habits become ingrained, known as habituation. This process often takes about 90 days to fully set in. By recognizing how the body works to help us form new habits and processes, we can properly tune our regiments of personal change. If you can focus on developing this process and sticking with it, you can literally rewire your brain for a purpose instead of a pleasure. From there, almost anything is possible insofar as achieving your goals, even ones that take a long time to realize, like writing a book, learning an instrument, or getting healthy. When the brain releases dopamine in rewarding bursts, you experience a deep intrinsic satisfaction along with increased motivation, curiosity, perseverance, and memory. Source The great thing about this technique is that we get rewards that help us along if we can develop a clear goal of what we want to do and work toward it diligently. The more we develop this skill, the easier it gets. Eventually setting a goal for yourself, even a challenging one, causes excitement instead of trepidation. So no matter where you are with your motivational process, consistent effort and patience, combined with visualization of goals, is a recipe for success. Ultimately, how we spend our time determines who we become. If we spend all our time seeking pleasure alone, then we become addicts to our entertainments. But with the seeking of purpose, especially in a holistic way, more of our time can be inspired and fruitful. With each step we take in this direction, the power we can exert over our lives increases, leading to blissful states of consciousness.

Chapter 2 : Gamez Blog | Rating a "Pleasure Purpose"™ with 5 on 5 Mini Soccer for contemporary players

"Purpose vs. Pleasure" Episode Highlights Dallas and Pilar consider how the goal of "finding" our purpose is often set up as being in opposition to the pursuit of hedonistic pleasures Dallas's take on cravings vs. longings " the role that modern processed food, digital stimulation, technology, pornography, and social media plays in.

He had a more pressing agenda than meeting with the Queen. Rafael Nadal won the last major tennis tournament at the French Open. He also has won at Wimbledon. He is a man who is focused on winning again this year. His focus of purpose became an issue when he had a decision to make. A small group of current and former players, including Roger Federer and the Williams sisters, were invited to attend a private session with the Queen. What an opportunity for Nadal! Nadal explained that he had a lot of respect for the Queen, but his purpose in being in England was to play tennis. He decided to go with his main purpose. It might be fortunate that he did, because hours later when he took Centre Court it took five sets to beat his next opponent. Did that extra practice time make the difference? Life consists of decisions for all of us. Real leaders always make the choice to fulfill their purpose, not choose something secondary that might be more enjoyable and easier. Nadal knew why he was in London and made his decisions around knowing that purpose. The great leader Moses faced a decision. Moses was remembered in the New Testament in Hebrews Purpose always drives our performance. We act on our understanding of our purpose. Everyday each of us has decisions to make. Oftentimes the decision centers on something that is pleasurable, enjoyable, beneficial, etc. Jesus spoke of it as choosing different roads in life. Life is all about choices. Nadal knows that he will not be remembered by whether or not he met Queen Elizabeth II, but how he performed at Wimbledon. His two weeks in London is more about playing good tennis than telling his grandchildren about meeting a celebrity. This entry was posted in Inspirational by Admin.

Chapter 3 : Purpose Over Pleasure | Teddy and Tina

*For Purpose and Pleasure: Quilting Together in Nineteenth-Century America (Needlework and Quilting) [Sandi Fox] on calendrierdelascience.com *FREE* shipping on qualifying offers. Eighteen essays on nearly forty group-made quilts form a fascinating study of quilts as social documents.*

I am a professional drummer and singer, and I also write and produce songs. In this particular industry, there is a lot of fun to be had, and money to be made. But the music industry itself has a purpose. Its purpose is to make you as successful as it possibly can through making other people happy, and by persuading those people to spend more of their money to fulfill that happiness. What ends up happening, mostly, is the artists become slaves to the industry, simply because the industry itself gave them their purpose. I got caught in that trap, and became a very successful drummer who literally was defined by my success. The only desires I had for becoming a successful drummer, though, were to make a good living and to take care of my wife and kids. By not knowing or even considering my purpose, I ended up getting into a lot of trouble that almost cost me my marriage and my family. You see, pleasure can be deceiving because of how it makes you feel. When you do something that brings you pleasure, your mind and body respond through the release of a chemical from your brain to your nervous system, called dopamine. Because of this chemical, you can become highly addicted to pleasure. I want to recommend a scripture in the Bible that will help you with your purpose. I love this verse, because not only does it testify of Jesus, it tells us that our purpose is revealed by spending intimate time with God. That time spent with God can be through prayer, and reading and meditating on scriptures in the Bible. I found that God wanted to use music as a platform for me to tell people how much He loved them, and how good He really is! They are circumstantial and inconsistent, at best. So if I put my trust in my pleasures, they then become my god! And a very unreliable one. Let them be a living and holy sacrifice—the kind He will find acceptable. This is truly the way to worship Him. Seek God, and His purpose for your life, first, and everything else will be added to you.

Chapter 4 : Purpose, mood, and pleasure in prediction satisfaction judgements | Ed Diener

PLEASURE AND PURPOSE is a compilation of three novellas set in a futuristic/fantasy world where men are able to request solace from females. A business transaction.

But from a standpoint of pleasure and sexual response, sexual anatomy is about far more than genitals and is far less about reproductive organs. Ultimately, all the parts of the body are potential or actual sexual organs in the context of pleasure, though some body parts or areas, overall, tend to play a bigger role for most people than other parts do. Our most important sexual organs when it comes to pleasure are not only usually different than we think, but operate far less independently than we assume or have been told. There are a lot of densely packed nerve endings in our genitals, and if and when we stimulate them ourselves, wantedly have them stimulated by others, or rub two sets together, it does tend to often result in a sexual kapowie. But the kapowie experience is a lot more complicated than the stimulating of the genitals part. We can talk about cute babies-to-be at the dinner table with Grandma: Reproductive function tells us little about pleasure. It can tell the truth that for most people, most of the time, the pursuit of solo or partnered sex is often about the pursuit of emotional and physical pleasure, not about a desire to breed, and that the form of that pursuit is as diverse as we are. Pleasure is a big and vital part of most of our lives, including sexual pleasure, and the anatomical basics of sexual pleasure need be no more a mystery than where babies come from. They look different enough most of the time: The brain is responsible for our emotions, our perceptions including of pain and of pleasure, our memories; for regulating and controlling our central nervous system, our cardiovascular system, our endocrine system and our senses. The hypothalamus of the brain is responsible for the secretion of hormones that influence sexual feelings and response, like oxytocin, vasopressin, serotonin and dopamine. The brain receives and processes messages from your sensory organs, giving you and other parts of your body information about how something or someone, including yourself looks, sounds, tastes, smells and feels to you. Androgens, estrogens and progestins are "sex" hormones produced by the adrenal glands by people of all sexes, with some difference in amounts between all sexes, and also in the testes, ovaries and a couple other parts of the body. These play a part in sexual pleasure. Androgens effect the desire for sex and are one of its many drivers, though within average hormonal ranges, the brain plays a bigger part in sex drive than those hormones. Androgens play a part in erection and response of the penis, the clitoris and the vagina. For those with a vagina, estrogens influence vaginal lubrication and elasticity of vulvovaginal tissues. The brain is primarily responsible for orgasm: This -- and the fact that orgasm is more about the brain and nervous system than body parts where physical stimulation that might be part of why we have an orgasm occurs -- is one reason why classifying orgasms like "vaginal orgasm" or "clitoral orgasm" is problematic. After all, if sex was only or mostly about our genitals, even with genital diversity, it would be sound to expect that those of us with the same basic parts would have the same experiences with a given kind of touch. When we say high sensitivity, we mean that some areas of the body have more sensory nerve receptors a nerve that passes impulses from receptors to the central nervous system: When it comes to sensory nerves, not all parts of the body are created equal. Some people with disabilities that impact or inhibit genital sensation can still reach orgasm because sex is mostly about the brain and the body as a unique whole, not compartmentalized parts. Our skin, as a whole, is really an erogenous zone. Mucocutaneous regions of the body made of both mucosa and cutaneous skin are also often particularly sensitive: When a relationship is really great, a partner touching us in this place, in this way, might have felt amazing. But that same person touching us in the same place in the exact same way can feel lousy or even like nothing at all if that relationship has later gone straight to hell. Where are your tingly bits? Most of us can find out about where your erogenous zones are with your own two hands: With partners, take the time to find out about areas on both of your bodies you each tend to find sensitive and sexually arousing, really focusing on exploring ALL of your body, and communicating to each other where those sensitive areas are. This is one reason it makes a lot of sense not to rush into genital sex: If in doubt about what kind of genitals someone has, what they like to call them, or how a person genders themselves in relationship to their body, just ask. The genitals of some people -- like some intersex people,

people who have had sexual reassignment or other genital surgery, people who have had genital injuries, mutilations or who just had major variances at birth -- may not match ideas of what genitals "should" look like or fit any one diagram or description well. Some people who identify as men or male have a vagina; some people who identify as women or female have a penis. As well, some people who have a penis may call it a vagina or something else: A vulva of someone with a large clitoral hood and small labia can look massively different from the vulva of someone with larger labia and a smaller hood. Color differences between different people can also be substantial: And what feels really great to one person genitally may feel either really uncomfortable or completely boring to someone else. The anus , rectum and perianal region Everyone has an asshole and everyone can also be an asshole. The nerves and muscles within and around the perianal area play a part in the genital sensations of sex even if no one is engaging in any kind of anal or perianal sexual stimulation or sex whatsoever. The anus -- the external opening to the rectum, visible between your butt cheeks -- is surrounded by two concentric rings of muscle: The anus is rich with sensory nerve endings: Like the vagina, most of those nerve endings are concentrated around the opening and just inside the rectum. The anus is unlike the vagina in that it does not self-lubricate. The anus and its surrounding areas can be a site of sexual pleasure for any gender or sexual orientation: It supplies nerves to the bladder, anus, perineum, penis, areas around the scrotum and the clitoris. It divides into two terminal branches: A lot of the feelings people have in their genitals and pelvis during orgasm -- including the spasms people can feel with orgasm or ejaculations -- are because of the pudendal nerve as well as the pelvic nerve. If you want to see the differences up close between the pudendal, other nerves, muscles and other aspects of the internal anatomy in a vulva and a penis and other surrounding parts of those genital systems , you can click here to see the vulva or here to see how it works from a back view of the penis and anus. Looking at both is also a pretty cool way to see some interesting similarities between them and to consider all of the muscles involved and surrounding any set of genitals: The pubococcygeus muscle PC muscle which some people call Kegel muscles is also in the perianal region. It stretches from the pubic bone to the tail bone, and forms the floor of the pelvic cavity and supports the pelvic organs. The PC muscle also usually contracts during orgasm. The perineal sponge is also in this region in people born with a vulva. A person may feel sensations of this sponge from stimulation to the vagina, clitoris or anus or the areas around them. Try it for yourself: You can squeeze and flare those sphincter and PC muscles just like you do when squeezing out a drop of urine or pushing out a bowel movement. The prostate is a sensory, walnut-sized gland in the body. Some people can reach orgasm with prostate stimulation all by itself. Others need other additional stimulation -- like to the penis -- and find that prostate stimulus enhances sensations with other areas or enhances orgasm: Sometimes people call the prostate the P-spot. Anyone should only ever engage in the sexual activities they and their partners want to, and any kind of receptive anal sex is always just one option of many. When any of us have ideas that a given part of our body is icky or shameful, it tends to have a negative influence on our sex lives and our sexualities, and can also impact how partners feel about their bodies. Nothing on the body is gross or unacceptable, and no part of the body or anything you do with it says anything at all about your sexual orientation. Sexual orientation is between our ears, not in our bottoms or between our legs. The Penis The penis is primarily composed of three columns of tissue: Sexual sensation of the penis is primarily fueled by the dorsal nerves and the pudendal nerve. Any and all portions of the penis may be enjoyable -- or not! The most highly sensitive areas of the penis are usually the glans , the coronal ridge, the frenulum, the raphe, the shaft , and for uncircumcised men, the foreskin and ridged band. The glans has a higher number of sensory nerves than the shaft of the penis. In case you need it made more clear: For more on shape and size of the penis, take a click here. The Foreskin Uncircumcised penises have a prepuce, or foreskin. Everyone born with a penis was born with a foreskin, too. Some penises are without them because they were removed, either for cultural reasons, because parents asked for a circumcision per what they understood as health reasons or because a parent made that decision based on their aesthetic preferences. It grows out from the shaft of the penis just below the glans. With erection, the foreskin will usually but not always! The foreskin also produces and distributes its own lubrication, smegma, an accumulation of shed skin cells, skin oils and other moisture. Both those with circumcised and with uncircumcised penises can and do experience sexual pleasure. While there are differences in how that feels to

each person's kind of like things feel different with or without a condom -- most circumcised people were circumcised in infancy, so they have "learned" and experienced their sexuality without a foreskin, just like those of us who have certain disabilities which mean we may sexually function differently have learned or can learn to experience sexual pleasure, even with those differences. Interestingly, one study found that scarring from circumcision created the most sensitive area for fine touch on the circumcised penis, an area uncircumcised men will not have. Fine-touch pressure thresholds in the adult penis: Reiss, Christopher Eden, Marilyn F. Milos, Norma Wilcox and Robert S. With areas sensitive to fine touch most of which will send signals to the spinal nerves, we can feel different sensations easily even on areas of our body that are very close together. Some areas of the body's like those erogenous zones we talked about before, are very receptive to that kind of touch. Others, not so much. In the vagina, touch or pressure to one part of it can often be indistinguishable to touch or pressure to another very close by. Rather, what we mean is that an area like that is usually more receptive to strong pressure or temperature changes than it is to fine touch, unless touch to it also engages parts that are more densely packed with more receptive and sensitive nerve endings. Plenty of people with testicles find sexual enjoyment in having their scrotum or testicles sexually stimulated. Did you get the part where Circumcised penises are normal and lots of people have them. Uncircumcised penises are normal and lots of people have them. The Clitoris If you have a vulva, unless you had a clitoral mutilation or circumcision, you have a clitoris. Even for those who have had an external part of their clitoris excised or injured there are still going to be internal portions of the clitoris present. The clitoris is the only part on the human body whose sole purpose is pleasure: The whole of the clitoris is not just the clitoral glans and hood we can see on the outside, but the clitoral shaft, the crura, the corpus cavernosum, the urethral sponge and the vestibular bulbs on the inside. Like the penis, the clitoris is an organ composed of both corpus cavernosum and spogiosum erectile tissue.

Chapter 5 : What is the biblical purpose of sex? | calendrierdelascience.com

You see, pleasure can be deceiving because of how it makes you feel. When you do something that brings you pleasure, your mind and body respond through the release of a chemical from your brain to your nervous system, called dopamine.

I also wanted to read it in my own pace as is with my experience with previous installments that I should read it slow and take my time with it. Chad was the guy who came upon them, the three friends in a bar while they were debating who was the biggest slut among them. He was so sweet and determined and as it was, I was interested to learn more of him from the last book. Oh, this man that had captured my heart. Billie will still be Billie. She still has a long road ahead of her but I love her positive vibes already. I am not sure about Jasmin though. The last book had left me heartbroken for her. But then she decided to walk the long road to Camino de Santiago. I fell in love with Spain when I started reading Tagalog novels because of mostly the characters having Spaniards blood. But I was proven wrong. As usual, Al had wowed me with this book. I cannot stress enough how this book has affected me and touched me. It made me cry, laugh, fall in love and feel hope. I was even expecting that it would take me a few days to finish this but damn consequences, I wanted to devour everything! The journey these women went through touched something close to reality. And I loved that. It also showed different facets of life and reality and I think it made me mature in some way. But I like that it makes me reflect my life, my decisions, the things that have happened and the cause and effect of each event that have affected me. And you know what? I almost laugh when I thought of the cliched "life is so unfair". Pleasure, Pain or Purpose must be read in order:

Chapter 6 : Purpose (Pleasure Pain or Purpose, #3) by Al Daltrey

Pleasure, Purpose & the Pursuit of Happiness February 27, February 27, Haley Rushing Since our inception as a nation, the Pursuit of Happiness has been viewed as an unalienable right of all people.

Rewards in operant conditioning are positive reinforcers. Operant behavior gives a good definition for rewards. Anything that makes an individual come back for more is a positive reinforcer and therefore a reward. Although it provides a good definition, positive reinforcement is only one of several reward functions. They are motivating and make us exert an effort. Rewards induce approach behavior, also called appetitive or preparatory behavior, and consummatory behavior. Thus any stimulus, object, event, activity, or situation that has the potential to make us approach and consume it is by definition a reward. Rewarding stimuli, objects, events, situations, and activities consist of several major components. First, rewards have basic sensory components visual, auditory, somatosensory, gustatory, and olfactory A separate form not included in this scheme, incentive salience, primarily addresses dopamine function in addiction and refers only to approach behavior as opposed to learning Third, rewards have a value component that determines the positively motivating effects of rewards and is not contained in, nor explained by, the sensory and attentional components FIGURE 1, right. This component reflects behavioral preferences and thus is subjective and only partially determined by physical parameters. Only this component constitutes what we understand as a reward. Rewards can also be intrinsic to behavior 31, , They contrast with extrinsic rewards that provide motivation for behavior and constitute the essence of operant behavior in laboratory tests. Intrinsic rewards are activities that are pleasurable on their own and are undertaken for their own sake, without being the means for getting extrinsic rewards. Intrinsic rewards are genuine rewards in their own right, as they induce learning, approach, and pleasure, like perfecting, playing, and enjoying the piano. Although they can serve to condition higher order rewards, they are not conditioned, higher order rewards, as attaining their reward properties does not require pairing with an unconditioned reward. These emotions are also called liking for pleasure and wanting for desire in addiction research and strongly support the learning and approach generating functions of reward. In the prefrontal cortex, recent evidence indicates that the [orbitofrontal cortex] OFC and insula cortex may each contain their own additional hot spots D. In specific subregions of each area, either opioid-stimulating or orexin-stimulating microinjections appear to enhance the number of liking reactions elicited by sweetness, similar to the [nucleus accumbens] NAc and [ventral pallidum] VP hot spots. Successful confirmation of hedonic hot spots in the OFC or insula would be important and possibly relevant to the orbitofrontal mid-anterior site mentioned earlier that especially tracks the subjective pleasure of foods in humans Georgiadis et al. A brainstem mechanism for pleasure may seem more surprising than forebrain hot spots to anyone who views the brainstem as merely reflexive, but the pontine parabrachial nucleus contributes to taste, pain, and many visceral sensations from the body and has also been suggested to play an important role in motivation Wu et al.

Chapter 7 : Purpose or pleasure? Why the pursuit of happiness matters to our genes | Metro News

At any given moment we are making a decision to follow our pleasure or live in our PURPOSE. Make the right decision Book me as a speaker here: calendrierdelascience.comnadu.

Chapter 8 : Clitoris - The Only Organ Designed for Pleasure - Clitoris | HowStuffWorks

Intensity: Pleasure with a Purpose THE WORKOUT YOU WON'T WANT TO MISS! Intensity is the only device that combines pleasure with pelvic floor toning, giving you a workout you won't want to miss.

Chapter 9 : Purpose vs Pleasure | John Ed Mathison

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Pleasure on Purpose is for people ready to experience a whole new level of fulfillment in their lives. Pleasure on Purpose invites you to consider that the conscious and deliberate pursuit of pleasure - that which brings us true joy - is a valid and vitally important spiritual path.