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WELCOME TO

# How to Fantasize

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## Welcome To Your Erotic Imagination

“Pallavi, I wanted to connect with you as I have been following you since long. I am a married person and if you talk about my personal relation, then I would say I am not happy. I say so as I see myself as a super active person when it comes to sex. I want to try new positions, perform new things but my partner is not so active I would say. She just likes to do in 1 position that is normal and very boring for me. Sex for me now has become a thing which I need to perform in a very monotonous way. This has affected our sex life a lot. We have now reduced sessions and also the session does not last for long as it was in the early days of marriage. Earlier we used to do 2-3 times a day and had lot of foreplays and all.”

It's not just the lack of sex but also the quality of sex one has that determines how satisfied one is with their sex life. This predicament is particularly so in case of long term married couples whose relationship has moved beyond the 'honeymoon' phase and these couples struggle with keeping a spark in their sex life alive along with other stressors of life.

So is it possible to have a more adventurous, ecstatic and memorable sexual experience in a long term relationship?

The answer is a resounding YES!

But how to go about that? You wonder (emoji of someone wondering)

**Fantasies are the answer!**

Wait! Are you trying me to sexually fantasize. No way.

You exclaim in protest.

Hear me out.

We have traditionally viewed fantasies from a narrow lens. Fantasizing to most people seem as a mentally sick activity, elaborate costumes, porn-star poses, out of the world experience. Normal people don't fantasize is the perception. But here is the basics definition of fantasy: sexual fantasy is basically anything that enhances pleasure. Whether it's the way the breeze caresses your cheek as you walk on an open ground or a hope, a story you create about someone when you feel attracted to them.

### **Let's continue to unpack the idea of fantasy.**

This bonus resource is designed to help you unlock your erotic imagination. With the help of this guidebook on fantasy, you can explore the vast terrain of sexual possibility, discover more about who you are as a sexual being, what your body truly craves, and then make those discoveries a part of your erotic reality.

What if I told you, you have already fantasized (emoji of wonderment and shock)

Humans are incredibly creative beings. We have used fantasy in almost every realm of life: from sci-fi alien movies to vampire romances (remember Twilight), mythology flicks (remember Bahubali) to war dramas. We actively seek out fiction books, films and shows that explore the fantasy of an extraordinary world (the whole world swears about the roaring success of Harry Potter).

Is Harry Potter real? No, yet it left an unforgettable impression because of its larger than life story. This is what fantasy is at its basic – a creative imagination!

Now you might be thinking about your kind of fantasy – may be you like monster movies, or war movies, and might be your friend is really into historical battle scenes but yawn at mythology flicks.

In most realms, we do not ascribe a moral judgement to our fantasy lives - no one is bothered that people who are obsessed with vampire flicks are going to start drinking a person's blood. We "permit" ourselves to enjoy the realm of fantasy in movies, literature, theatre etc. I remember tears welling up in the movie Anand as Rajesh Khanna was on his death bed. It's the emotional catharsis of traveling into other realms through our imagination, in the safety of our theater seat while we watch a bloody spectacle on screen.

## **Why then this imagination does not happen in sex?**

When it comes to erotic fantasy, most Indians are more sceptical to have an active and rich fantasy life. The ones who do, experience guilt and shame over their fantasies, even those they never intend to make real. Read this:

**“I have a fantasy to watch my wife having sex with someone... I don't know what should I do... please suggest?”**

We somehow believe that our sexual fantasies say something about our moral character. Just think about it, most people are comfortable admitting that they enjoy brutal war dramas than that they enjoy a peppy fantasy of sex on the beach. We know enjoying the horror flick doesn't make us psychopath killers, so why does the fantasy of sex on the beach come with a moral judgement?

Permission to Fantasize, Granted!

We believe this guilt and shame around erotic fantasy is a result of our sex negative culture. For thousands of years and till date, our sexual behavior was under strict control by the religious institutions, (I had a client whose husband ridiculed her after she expressed her desire to have sex with him on Easter. He said one should not do sex on holy, auspicious occasions). Now you see the divide between purity and sexuality. Something that is pure cannot be sexual and something that is sexual cannot be pure. This religious control has been so effective it made us cringe and fear even our erotic imagination.

We believe that the realm of fantasy should be without moral judgments. This freedom is essential if you want to know yourself as a sexual being, free from social and moral judgement.

Okay, your arguments are correct but tell me why do I need to fantasize?

Well if you want to explore new possibilities, realms in your sex life, you want to experience a fulfilling sexual life across all stages and phases of the life (struggles and triumphs combined) or if you are kinky and want to get on some erotic adventure. This happens because thoughts can create actual physical arousal.

Brain research confirms that thoughts can create real bodily responses, as real as the response to physical touch. This means our pleasure system can be activated from the outside (through touch stimulation) and from the inside (through thought fantasy). This is an important piece of knowledge. Because now we know that we can fantasize and then relish the very real physical responses that follow.

Alright, I am on board but how to fantasize since I have never done that?

**Here are some easy to do tips for you to hop on to the fantasy world:**

### 1. Your creativity can be harnessed in sex

Most of us are familiar with the word creativity.

Creativity is the ability to discover new and original ideas, and solutions to problems. It's a part of our human nature—fostering resilience, sparking joy, and providing opportunities for self-actualization. We employ creativity in a wide range of areas in life – from crafting a beautiful painting or designing an app with great user interface to things like choosing the ingredients in the dish we cook or the path we take as we travel a place. Creativity is spontaneity and playfulness. Remember your grandma who would never put the spices as per the measure (spoon) but with her estimate. She was being creative.

Human beings are creative sexual creatures. No other animal in the world is as creative and refined as we are when it comes to our lovemaking rituals. We make love not only for making babies, but for pleasure, to express emotions and cement intimate relationships. Our is the only species who can have sex throughout the year unlike

animals who have a breeding period or a period of heat. Human sexuality is like a canvas - and sexual fantasy is the brush to fuel your erotic creativity and you as a creative artist can begin designing a sex life that truly fulfills your unique desires.

## 2. Always Be Alert for New Turn-Ons!

Most of us don't pay too much attention to what turns us on. Our daily life is full of people, settings, incidents that can help us feel more desired and arouses only if we pay a little attention. I had a client who started talking routinely to a friend who was having difficulty conceiving and the direction of talk soon moved to discussing sex life. He engaged in some sexting and naughty flirting and till date he remembers it as a fodder for fantasy. He also said, sometimes it's just a woman's hello that turns him on. Similarly like him, if you start paying close attention to your arousal, you'll start sniffing out a trail of clues towards your desires.

- Who do you find attractive in your day-to-day life out in public? Are you drawn to the powerful boss of your office or the cute server at the restaurant? Is there a uniformed pilot in the flight that always catches your eye?

- Your favorite scenes in books and movies - what makes them exciting?

### How To Fantasize

Fantasizing comes as natural to us as breathing. Have you seen little kids. Kids are excellent at fantasizing, using their imagination to turn a quilt into a fort, a stick into a sword, or sand into a castle. Not just kids, adult humans have progressed through the history through their ability to imagine the impossible, and then bring it to life - smartphones, social media, startups – all are products of creative imaginations that turned into reality. Yet in our sexual world, we disown our creative imaginations. We passively consume tons of media, porn, sexual films, but don't often create the time and space to actively tap into our own imaginations.

### Permission to fantasize granted!

Most of us have lost touch with our ability to freely fantasize about erotic possibilities. We are so defined by narrow sexual scripts and what we “should” be into that we don't give ourselves the gift of a blank slate, an open ended zone to imagine what is possible.



### 3. Give Yourself Space and Time:

To freely explore your erotic imagination, you need to carve out some space and time for yourself. Don't try to fantasize while your dog is barking, your child is hankering, you have something cooking on the stove or you have an urgent office deadline to finish! Tension and stress is a libido killer. This is true in the context of fantasies as well. Practice exploring your erotic fantasy when your body is most relaxed. Prime and ripe opportunities to fantasize include during showers and baths, at night before falling asleep, just as you wake up, or on vacation when you are relaxed and have more free time away from office and family obligations. Whenever you feel most relaxed in your body is prime time to allow your imagination to run wild. Even 5-10 minutes of mental privacy is enough to tap into your erotic imagination. The key factors are the solitude and privacy to let your mind wander freely.

### 4. Exercise: Fantasy Scripts

To help you further, we are sharing some fantasy scripts, imagined scenarios that ignite your erotic imagination. Find a pocket of time (5-15 minutes is ideal) and do whatever you need to do to relax your body and get comfortable.

You can explore your erotic imagination by using these fantasy scripts as starting off points. We start with a familiar story or a scene from a book or movie, while the story and scene has no end, thus giving you space to move the script anyway you'd like. Essentially, give your imagination enough contextual support to have a jumping off point, and then let your mind wander from that starting point and fill in the details.

Go totally overboard with these fantasies, creating larger than life scenes where your sexuality can come out unrestrained. Remember, this is not reality, this is the wild turf of your mental imagination. This is about tapping into your imagination where anything is possible. Notice what excites you and follow that trail to see what happens next. There is nothing right or wrong in fantasy!

Here are some jumping off points. Pick one you feel comfy about and let your mind wander free.

- You are in a shiny red limousine parked on a secluded lane overlooking the ocean in the midnight. There is someone in the car with you? What happens next?
- You are the mistress of the president of a powerful country. The president is married and there is hypervigilance all around. The president writes you a secret letter with an ink that is only visible when the letter is dipped in lemon water. You receive the letter, dip it in lemon water, what's written inside it?
- Your lover has gifted you a red velvet box containing an item meant to spice up your sex life. You open the lid and inside the box is a . . .
- As the newly crowned Prince or Princess of the kingdom, you must choose a suitor from amongst the Lords and Ladies present in the crowning ceremony. They are lined up in your Hall. You walk past the rows of potential lovers and pick one by the hand, then lead him/ her to your private royal chamber. What will be your first command?

### **Happy Fantasizing!**

The terrain of your erotic imagination is truly limitless. You can always explore new scenarios, and unexpected turn-ons to find new aspects about your arousal. Then you can mine these fantasies further for the clues of your desires. Studies have shown that tapping into sexual fantasy leads to a more exciting and fulfilling sex life. Whenever you feel bored or stuck in the rut of life, turn on your fantasy to find inspiration.

We hope this guide has assisted you in understanding the importance of fantasies and discovering ways on how to fantasize and how to put your fantasies to work for creating a sassier, sexier sex life.