

The Magic of Mature Erotic Beauty **By Linda E. Savage, Ph.D.**

No matter who we are, sometime after 40, all women revisit their body image issues of earlier years. Those who were extremely confident in their maiden body image and even managed to survive the child rearing years with a continued sense of beauty are sometimes even more vulnerable to an emotional crisis. Women become alarmed by the loss of elasticity and the pull of gravity that will eventually defy the most rigorous beauty regimens. Since our feelings about our attractiveness influence our sexual desire, the more we dwell on negative feelings about how we look, the worse the effect on sexual desire and responsiveness. Sadly, some women never realize that they can feel sexy at any age. However, sexual attractiveness at fifty or sixty and beyond is *mature erotic beauty*.

A valued male friend of mine described what he found sexually attractive about certain older women. He said there was something almost magical about them, a sense they communicated that they were at ease with themselves. Obviously they cared about their bodies and good grooming but they had clearly found a style that suited them and were not mindlessly obedient to current fashion. Empowered older women choose to enhance their erotic beauty in their own feminine way. They seem to exhibit a flair for vibrant and sensual colors and the cut of their clothing compliments their feminine curves but does not scream, “look at my body parts.” Most importantly these women glow from within. It was this *luminosity* that my friend found so enormously attractive.

The Aging Crisis

What a tragedy the cultural worship of youth has perpetrated on us! A woman’s crisis of aging is the loss of her illusions about her once youthful attractiveness. Some women can never accept the loss nor find a way to expand their sense of beauty beyond the norms of our culture. However, many women go through a period of yearning to return to a youthful look until they find themselves propelled by circumstances or their inner work into accepting a new and unique sense of their older selves. Having become aware of their issues, such women appropriately mourn their previous self-image and pursue a new ideal.

The good news is that in the new millennium, older women are learning to refocus on overall good health as the central issue of aging, rather than beauty. When they target *health* rather than *aging*, they are more likely appropriately to resolve the loss of youthful beauty as their ideal. Women do seem more motivated than ever to maintain good health and many older women are discovering the joys of walking, healthy food preparation and herbal remedies. Revival of the ancient healing arts and the ability to blend them with modern health knowledge makes these women ideal leaders in the growing field of Alternative Health. After working through the aging crisis, women can attain a beauty that reflects that sense of feeling at ease with themselves.

The Magic of Glamour

Female sexual desire is a magnetic energy. The definition of “magnetic” is

powerfully attractive. The power to attract is the basis of feminine sexuality. It generates the seductive pull towards pleasure within the body. One of the attributes of mature, erotic beauty is the imaginative enhancement of the woman's natural gifts of attraction with magic known as *glamour*.

Glamour is an ancient and very feminine magic. In the old ways it was not a sin to enhance the beauty of the body. Today the term has become diluted to refer to glittery clothes and make-up. We call movie stars "glamorous" without really understanding the true meaning of the term. The origin of the word dates back to a derivative of the Scottish word, *grammar*, meaning "magic." There is an interesting definition of glamour in Webster's Dictionary, "seemingly mysterious allure, bewitching charm." The magic of "glamour" is the enhancement of magnetic attractiveness. Why not create a wonderful ritual of enhancing your own power of attraction by working with this ancient feminine use of glamour? Keep in mind that generating your magnetic energy extends beyond adorning the external body. Ultimately, glamour is the power to radiate an inner light. It comes with discovering the secret of your inner radiance from developing your personal spiritual path.

Beauty in older women stems from their experience of the richness of relationships and their sense of personal authority from a life well lived. The mature erotic woman has found a balance between compassion and her consciously developed independence. Such women possess the quality of harmony with self, valued by women-positive cultures such as the Laguna Pueblo People. Beautiful older women have continued to grow with their creativity and are now pursuing their task of sharing wisdom. In Shamanic traditions this is the sacred path of power. Such older women are truly *luminous* beings of great worth and such beauty as this can only increase with age. This is the promise of *mature erotic beauty*.

[Word count 822]

Bio: Linda E. Savage, Ph.D. is a licensed psychologist and sex therapist who has been exploring the mysteries of sexual healing for over 25 years. Dr. Savage is the author of *Reclaiming Goddess Sexuality: The Power of the Feminine Way* (Hay House) which presents a view of women's sexuality that blends the ancient wisdom of the Goddess cultures with current clinical knowledge.

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