

Session #6 More Better Sex

This Week's Practice:

1. Below is a list of our top 10 recommendations for generating sexual desire in your relationship. This week, we want you to practice generating that desire and wanting with each other.

This Week's Homework Assignment:

1. Practice using the list of tips below to generate sexual desire between you and your partner. Challenge yourself! How many can you try?

10 Tips for Generating Desire

1. **Connect with and identify yourself as your Full Potential Sexual Self.** Write up your Full Potential Sexual Vision. Know what you want to create.
2. **Feed each other's Full Potential.** It's easier (and more fun) to connect in sex when we feel loved, seen and appreciated.
3. **Romance and foreplay all day everyday.** Connection releases the hormone oxytocin, called the "bonding hormone." Love notes, eye contact, touch, intimate conversation, and affection can help build a strong foundation for desire. Explore together "What activities help fill you up and nourish you so you want to be intimate?"
4. **Be in your body!** Your body is your temple, your vehicle, and your sensual instrument. For the best possible sexual experience, get into your body more through exercise, dance, massage, swim, touch, hot tub or bath, walk in nature, etc.
5. **Know you (and your partner's) sexual initiation signals.** Don't miss these signals or misinterpret other expressions of affection and love. Be sure to express appreciation to your partner for their desire to be sexual with you even when you don't want to be sexual in that moment.

6. **Know what “quick-starts” you.** What revs you from zero to a hundred? Is it a sweet soft kiss on your neck? Being passionately taken? A whisper in your ear of something in particular? Candlelight and a negligee? Explore with each other and practice what works to put you into a fiery passionate state. (Refer to Session #5 about generating spark and energy by bringing in the healthy masculine force and playing with dynamic leading and following.)
7. **Pay attention to transitions into and out of sex.** What do you need before sex to help you transition from daily life to an intimate encounter? What do you need after sex to seal the connecting experience? Stay in there when you begin lovemaking to help each other sync up into the same space (one person may take longer). Don’t misinterpret initial resistance as a “no”, but rather as a transitional experience to move through. (Refer to Sonika’s Opening to Love article on the Forum.)
8. **Come up with win/wins in the face of differing needs and desires.** What if one of you wants sex and one of you doesn’t? Why not come up with a way to do both! What WOULD you be willing to do? Oral sex, masturbation, touching your partner, a quickie? Have a conversation to explore how you could take care of BOTH of you! (Refer to Session #4 on how to deal with, and find the gifts in, conflict.)
9. **Communicate about sex.** What do you want? What do you need? What would you like more of? (Refer to Session #2 on the Fulfillment Formula: Don’t Wants to DO Wants to Experience). If triggered in sex, slow it down and find out what you are making up. And then explore what you would like to be thinking instead and come up with actions to take from this new belief. (Refer to Session #3 on the True Source of Upset.)
10. **Use sex as a practice ground for stepping more fully into your Full Potential in life.** Examples: expanding your pleasure threshold, full self expression, asking for what you want in the moment, risking following impulse and doing what you are inspired to do, taking the lead, surrendering, being present, giving up attachment to form, trusting you are wanted and loved, opening your heart and body to love, making expressive noises, trying new things, breathing, giving, receiving, feeling beautiful, feeling powerful, connecting with God, etc. Your imagination is the limit!