

Let's Get Physical: Mindfulness Exercises

Forming a deep and intimate connection with your partner usually involves maintaining your own power, identity and boundaries while at the same time being intimate with your partner. These exercises below allow you to be mindful and maintain your sense of self, while also connecting with another human being.

- Recognize that it is normal to be out of synch sometimes.
- It is important to know that it is normal for your sexual desire and libido to wax and wane throughout your lifetime.
- It is inevitable that issues about intimacy and eroticism will come up in your relationship.
- By exploring the various unknown dimensions of your sex life exposes you, your partner and your relationship to greater depth, creativity, play, freedom and adventure.
- As you venture into the sexual terrain you may run up against some unresolved issues or areas of personal growth that are required.
- Instead of avoiding these areas of evolution, begin working through them so you can develop self-confidence, mastery and character.
- Resolution in these areas will remove the emotional underpinnings that are blocking contact and lead you to develop new associations and increased pleasure in your sexual sphere.
- By opening yourself up to the various dimensions of your sexual experience you open up a space for greater closeness and connection with your partner.
- When you bump into sexual limitations, you have the opportunity to begin a new cycle of growth and further explore your sexual potential.

Kissing Styles Do's

- *The soft gentle kiss that is relaxed*
- *The tender kiss that indirectly says "I love you so much!"*
- *The electric kiss of a familiar lover*
- *The passionate kiss that takes your breath away.*
- *The breathy, unhurried kiss of tasting and smelling each other's body*
- *The gentle bite or suck on the upper or lower lip from someone begging to be devoured.*

Kissing Styles Don'ts

- *The ridged tongued kiss that is mechanical and forced.*
- *The passive kiss that is withholding eroticism and passion.*
- *The busy and impatient kiss that is rushed, disinterested and preoccupied with more important tasks.*
- *The sloppy wet limp kiss that gets everywhere.*
- *The intrusive kiss that is overwhelming.*

#1 Hugging till relaxed

- 1) **Stand on your own two feet**
- 2) **Put your arms around your partner**
- 3) **Focus on yourself** (*become mindful and curious about your body sensations and feelings...if you like you can share these sensations with your partner*).
- 4) **Breath at your own pace** (*sometimes your breath will be in synch with your partner while at other times it will not*)
- 5) **Hug your partner until you both feel your bodies fully relax**

2 Mindful Kissing (Peekaboo!)

- 1) **Close your eyes and imagine kissing your partner. Connect with your natural human and sexual instinct.**
- 2) **Move towards your partner**
- 3) **Take a breath**
- 4) **Lean closer into each other so you are standing face to face.**
- 5) **Focus on yourself** (*become mindful and curious about your body sensations and feelings*)
- 6) **Kiss your partner mindfully and slowly and imagine that you are discovering each other for the first time.**
- 7) **Then open your eyes as you kiss** (*if it feels awkward to open both eyes, you can open up your left eye and then your right eye...this may make you laugh, so if so just laugh and enjoy the humor of the moment*)

#3 Where is your mind during sex or intimacy?

- 1) **Write down a list of all the thoughts that roll around in your head during sex.**
- 2) **Circle the top 3 significant thoughts and for each one write down 1 affirming statement, or solution, or thing you can do to help comfort you or ease your mind around that issue.**
- 3) **Now lay next to your partner on the bed looking into each other's eyes.**
- 4) **Be presently focused non-judgmentally**
- 5) **Stay connected to your breath and your 5 senses**
- 6) **When you mind wanders into the future or the past, gently bring your focus of attention back to your body, breath and sensory experience.**
- 7) **Next Partner A will be the giver of gentle touch** (*with or without clothes depending on the comfort level of the couple*) **and Partner B will be the receiver of gentle touch for 3-5 minutes.**
- 8) **Stay connected to your breath and your 5 senses. When and if your mind wanders, gently bring your focus of attention back to your breath, body and senses.**
- 9) **Then Partner B will be the giver of gentle touch and Partner A will be the receiver of gentle touch for 3-5 minutes.**
- 10) **If you both feel the desire to take additional steps towards mindful intimacy, feel free to follow your instinct and continue.**

#4 Rock and Roll *(with or without clothes on depending on the comfort level)*

- 1) Each put your right hand on your partner's heart
- 2) Each put your left hand on your partner's genitals
- 3) Look into each other's eyes and take a deep breath together
- 4) Exhale together while saying, "Ahhhhh." Vibrate your partner's heart and genital area on the exhalation.
- 5) Do this 3 times

#5 Foreplay

- 1) Touching and caressing before intercourse helps both partners experience physical arousal
- 2) Using terms of endearment and flirtation
- 3) Loving kindness gestures in the mundane moments: sending flowers, scheduling a date night or romantic dinner
- 4) Getting in the mood- visualizing the lovemaking process, wearing lingerie, kissing, touching, massaging, getting in the hot tub or taking a warm bath together, lighting candles
- 5) There is a School of Erotic Touch website that teaches a variety of techniques online so you can learn skills to enhance your sexual development. Watching it with your partner can be a helpful way for you to learn and practice new approaches to sexuality.

#6 Discover your Partner's Hot Spots

- 1) Spend 10-30 minutes touching and kissing your partner's hot spots one at a time in various ways (touch soft, touch more firmly, lick, kiss, with your breath, with a feather or scratch)
- 2) HOT SPOTS include: buttocks, behind the knees, chest, nipples, nape of the neck, genitals, lips
- 3) The partner receiving will share which parts turn them on the most
- 4) Then switch roles and repeat

#7 Try New Positions

- 1) POSITIONS INCLUDE: Good Old Missionary position, Female-Superior position, East side, West side, from Behind, Lap Dance, Standing Up, Oral Sex, Anal Sex, Masturbation

#8 Eye-Open Sex and/or Orgasm

- 1) Incorporate #1-7 above
- 2) Allow the process to naturally progress
- 3) As you have sex, keep your eyes open and make eye contact with your partner. This not only increases your emotional and physical bond with one another, but also can intensify your orgasm.

#9 Afterplay

When men have an orgasm his penis isn't the only thing that shrinks, but also his heartbeat and body temperature come down rapidly. Just like women take longer than men to get sexually excited, she also needs more time to descend from her plateau of sexual excitement so women need to be nurtured afterwards. Below is some specific advice for men and women regarding afterplay.

- 1) Advice for Men-** *A clitoris is not a small penis; chivalry isn't dead; Stay awake; some simple gestures could be: covering her, hold her, rub her feet, protect her, kiss her, say "I love you," grab her a glass of water; take care of your appearance, be loyal...a wandering eye means less sex, slam bam thank you mam isn't going to cut it...take your time to woo your woman and focus on her pleasure. Enjoy the journey not the destination to orgasm.*
- 2) Advice for Women-** *Know your body through masturbation, tell him what you need; know that a lack of sex can really hurt a man; don't give mixed signals; the older a man gets the more help he needs; stay away from serious and heavy conversations after sex and don't take it personally if he is sleepy or needs his sleep afterwards; initiate sex periodically; tap into your sexual desire, play and creativity in the bedroom.*