



*Women need to feel connected to have sex.
This connection is incredibly important for her to open
Here are 23 ways to build intimate connection that will
fill your Sexual currency bank.*

- **Eye gazing.**

Left eye to left eye (this is the side of the others person eye that you look into)

- **LubLum**

..Why this position?... your hearts are connecting, your genitals are connecting energetically and this is where you can really engulf and hold your woman. As the man you slow your breath down (position pictured below) and she will follow your lead.



- **Spooning with no sexual touch.** From behind you place your hands on your lover's heart as you breathe together lying down
- **Head massage only**
- **Prepare a foot bath** for your lover and leave her to it as you go back to work/project
- **The “Yes/No/Maybe” Game,** One partner offers a type of touch (e.g., stroking the neck) and the other responds with a “yes,” “no,” or “maybe” and adjusts based on honest desire. This helps with practicing boundaries and consent playfully.
- **Brush her hair**
- **Set a timer for 7 min** (both will have a turn) .Each person takes a turn of 7 min to ask for what touch they want..exactly what they want. When the timer goes off, switch
- **Invest in ostrich feathers** or something like that (a beautiful feather duster, or a few big soft feathers) and give each other a feather massage on the back..running the feathers up and down the back
- **Put on your favourite sexy song and KISS** for the entire song.
- **Tantric eating.** Blind fold one another and feed each other strawberries or dates or a dessert. have music playing, slow it down.
- **“I See You” Gaze + Word Flow** , Eye gaze in silence for 2 minutes, Then take turns completing the sentence:
 - * “Something I love about you is...”
 - * “What I desire more of is...”
 - * “A moment I’ll never forget with you is...”

- **Create an “Affirmation Jar”**

Write love notes, sensual compliments, or kind words on small papers and put them in a jar... Have a different colour for each person...eg Thomas you would write all of your things about Camille on green paper and she on another colour for you. And do this daily..... or at least 4 times a week....

- **What Was Beautiful Today?**

A simple nightly question: What did you see or feel today that was beautiful? What was good about today? “What felt good in your body today?” this practice helps you to re-attune to aliveness and subtle pleasure...and a version of this is amazing with children..(I did this every single night with my son for 15 years... What was good about your day and what was difficult ..)

- **Three Breaths + Three Words..**

Lying in bed, face to face or spooning take 3 deep breaths together and each one of you whispers 3 words that describe your love or gratitude for the other (e.g., "gentle, beautiful, fire..etc)

- **Hand on Heart / Crotch.**

Sitting facing one another...One hand on each other's heart. and the other hand cupping your own genitals, breathe in sync, Why? One hand gives, one receives. It grounds both erotic energy and intimacy.

- **Soft Eye Gazing in Bed.**

Have the lights low, lay facing each other in bed, eye gazing for 2 minutes. yes... It will feel awkward at first, then it becomes easier, and an added option: do this with hands gently touching lips, belly, or thighs.

- **Tease-and-Withdraw Touch.**

During a connection moment, one partner touches the other slowly, builds a bit of arousal... and then stops....Smile. Walk away. and let the tension build. this is about creating anticipation again.

- **Don't Touch Me There Game..**

One person says, "Whatever you do, don't touch me on my [____]. and the other person slowly builds toward exactly that...Keeps it playful and mischievous.

- **Secret Sensual Mission...**

Give each other a "secret mission" during the day eg "Send me a message that would make me blush." OR. "Touch me in public in a way no one notices." ..OR "Hide something sensual in the house for me to find." etc etc

- **Erotic Energy Exchange (Clothed)..**

One partner stands behind the other, breathing into their neck...hands hover just over their skin. The goal is to transmit erotic energy without touching directly....Breathe. Moan softly. Let them feel the heat rise

- **Erotic Storytelling, Lie in bed.**

Take turns making up a story with the other as the central character.....Example: "You were walking down the street when someone whispered something into your ear..."This allows safe fantasy and emotional intimacy to spark up.

- **Kiss Mapping One night,**

Only kiss each other's:, Hands , Ears, Knees, Shoulders. Choose 3 body parts per night and rotate.

The thing to remember is that just like anything else in life, touch skills and intimacy is all about curiosity and information. Sometimes we get it right, sometimes it takes a few go's and sometimes the thing we try just does not land. so it is important not to get discouraged and find something that does.

Practice practice practice.

