

## Legendary Love. Module 5. Lesson 33. Spicing Up Your Sex Life.

# Spicing Up Your Sex Life.

You've just explored the difference between sexuality and sensuality. You've also learned about a few actions which turn men and women on. Now it's time to explore fun things to do in your sex life.

### People Are Different

In this course, you've learned much about differences, from communication styles, to social needs, to sexual drive. People are also different in their comfort level in exploring techniques in making love.

As unfair as it may seem to the one who is the more adventurous in sexual experimentation, **the less adventurous of you gets to limit the experimentation.** Pushing someone beyond their sexual comfort zone can violate the respect and trust you have for each other.

**On the other hand, taking a few risks in going outside your comfort zone can be exciting and rewarding.** If you're just a little uncomfortable with trying something new, give it a try. You may find it great fun.

### Get Rid of the Routine

Remember how exciting sex with each other first was? You explored each other's bodies, laughed, and had a great time. As relationships get older, the tendency is to get in a routine in all areas of your life. Routine is a time saver, but it can also get dull and decrease your passion.

Is it time to mix things up?

Think back the last few times you made love. How long did you spend from foreplay to finish? Do you do the same things, in the same way, over the same amount of time?

**Perhaps all you need to do is slow things down.**

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**Or, try some of these ideas:**

Some of these techniques are more than a thousand years old, when making love was considered a spiritual and sacred act.

1. **Begin by looking into each other's eyes and placing your hand on the other's heart.**
  - The ancient practice of Tantra teaches this. You are connecting with each other on an emotional and spiritual level.
  - You're bringing your full attention to your partner. There is nothing sexier than focusing only on your partner and your love for them.
2. **Set a timer for 20 minutes.** You can hug, kiss, touch, cuddle, and tease for 20 minutes. You'll learn about each other, what you like, and have a great time with foreplay.
3. **Bring a deck of cards to bed.** Assign a type of foreplay to each one of the suits. You can use massage, kissing, and more. Mix things up and enjoy laughing.
4. **Truth or Dare.** Here's an opportunity to ask your partner to do what you'd like them to do in a fun game. If you haven't had the courage to ask yet, you can with this game. And there's an app for that!

These are just a few ways you can spice up your sex life. Don't be embarrassed to use the Internet to find ideas of how to take the routine out of your sex life.

### **Remember Communication**

Trying new techniques and positions with something as private as sex can bring up unexpected feelings. Most of these difficult feelings have to do with the past. This is especially true if either of you were sexually abused or had sexual experiences you were afraid of. Feelings of shame and anger could surface.

When these types of feelings come up, they can come between you and your partner. **It's crucial for you to use your Reflective Listening skills to talk about what you're feeling.** By doing so, you'll increase your trust in each other,

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which increases your sense of intimacy with each other.

### **There are some important things to be aware of when talking about difficult feelings around sex:**

- 1. People who have been sexually abused often feel shame about sex.**  
Shame is a powerful and debilitating feeling which can spread to all areas of life.
  - Shame is about feeling you're damaged or bad. Anything that was done to you is not your fault.
  - When talking about their shame, your partner may not want you to touch them. Wait until it's okay with them to hug and hold them.
  - You may need a third party or support group to assist in working through these feelings.
- 2. If your partner becomes upset because something you did surfaces feelings, it's not your fault.**
  - Let your partner be the guide in what to do.
  - **Your job is to be gentle, loving, and accepting.** You can't take away the pain of what happened in the past. You can only be there to support.

### **Summary**

In this lesson, you learned some fun things to spice up your sexual relationship. You also learned about the minefield of past experiences. Keep communicating with each other with love and respect. Communication is the most important tool you have in handling challenges which occur.

In the next lesson, you'll address a topic no one wants to think about. What happens when you and your partner can't have sex due to health reasons? Is this the end to intimacy?

