

## Legendary Love. Module 5. Lesson 35. Summary and Reflection.

# Module 5. Sex and Sexuality. Lesson 35. Summary and Reflection

Congratulations are in order for you finishing *Keep the Fire Burning*. If, perchance, you began with this module, I encourage you to go back to the other lessons as you will learn foundational tools and tips to keep your relationship strong.

In this module, you've learned about the importance of talking about your sexual needs and desires using the communication skills you explored in Module 2. Just as in all areas of life, you and your partner have different needs and desires as well as the similarities you share.

Your sex drives will fluctuate depending upon what's happening in your life as well as hormonal influences you each have. You may have different needs regarding being touched and where, how much touching is okay, how much excitement you want in your sexual relationship, and how often you want sex.

The lesson on spicing up your sex life was designed to stimulate your curiosity to discover more activities which keep the fire burning.

## A Brief Word on the Role of Spirituality in Relationships.

We mentioned earlier that religion and spirituality, if part of your relationship, can help you adjust in certain matters.

### Most religions teach about the following:

#### 1. Unconditional Love.

The need to love your partner unconditionally – that is loving them just as they are with compassion and understanding. This means that you two should practise loving each other unconditionally. It works better when the two of you do that. If unconditional love is left only to one partner to practise, that partner would soon burn out.

#### 2. Faithfulness and Fidelity.

The need to stay faithful to each other is crucial. If you believe that adultery is wrong, then you two would need to stay faithful to each other

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and not go out to have affairs. Having an affair or affairs could completely break up your relationship.

### **3. Humility and Repentance.**

Being Humble and Saying “Sorry” When You’ve Done Something Wrong is vital. It takes humility to say “Sorry” when you have done something wrong. If you truly value your partner and your relationship, a true apology will help keep the trust between you too alive. Having said that, to show that you truly mean your apology, you can’t keep doing the same thing for which you already apologized before.

### **4. Forgiveness is a spiritual attribute.**

When your partner says sorry, you should do your best to truly forgive. Forgiveness helps you heal from any pain you have over the hurt your partner has caused you.

### **5. Relying on God For Divine Help.**

Pray together and surrender difficult issues to Your God. This is particularly a good practice if you and your partner are in the same religion. Surrendering issues to God together, brings you a lot of peace because you trust that God will help you both or your family out.

Before you finish this course, please take a few moments to reflect on what you have learned. Then, go out and use your new knowledge and skills to build a legendary love that lasts a lifetime!

## **Reflection.**

1. What is the most difficult part of talking to your partner about your sexual relationship? How are you going to address this?
2. What are the differences in sex drive between you and your partner? How do you adapt to those differences?
3. Since you’ve learned about the effect hormones have on you, what have you noticed about the changes in your mood and sexual desire which may be due to hormones? What have you noticed in your partner?

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4. Describe the similarity and differences between you and your partner in regard to what you enjoy sensually and sexually.
5. What sex games are you comfortable playing? What are some that are a little out of your comfort zone but you're willing to try?
6. If you and your partner are religious, how may your religious teachings help you and you partner stay together more happily?  
Name at least 4 aspects of your religious teachings that could help you both stay together and keep the fire of your love burning for Life?
7. What's the most meaningful thing you've learned from ***Legendary Love, How to Keep the Fire of Love burning For Life?***

**It's been my great pleasure to bring you this course. I hope you have found it both enjoyable and useful!**

**If you feel you need a more personal relationship coaching with your partner, please visit my Life Coaching Website to book an initial session with me here:**

**<https://www.lifemasterymasterclass.com>**

**Please remember to leave us a feedback on how you enjoyed this course.  
THANK YOU!!**

**Kindest regards!!**

**Dr Grace Anderson.  
drgracescourses@gmail.com.**