



Path to Passion

Love, Synergy, Joy & Ecstasy at Your
Fingertips

Class 7 - Who Is In Your Bed Now

With Alina Frank & Dr. Craig Weiner

In Association With



LifeMadeMuchEasier.com



Class VII – Who is in your bed now. Top Tips For Keeping the Heat Up in the Bedroom

1.Trust

- Some relationships begin with a fresh slate and trust from the outset, others begin with distrust from past relationships.
- Your first experience of trust is with your parents and whether it is maintained or destroyed sets up your ability to trust or not.
- Trust is your ability to rely on your partner to keep your agreements, so be clear on what those are...base them on reality not fantasy and be careful of “always and nevers”....(i.e. I will always tell you the truth...I will never look at another woman...remember, you are human.
- Know yourself! Not knowing yourself clearly will set you up to make Life Made Much Easier Inc. the other, that you just cannot keep...setting the stage for failure and distrust, even with the best of motives.
- I would even rather that couples say, that there will be times that I will break your trust, shattering the illusion up front that this won't happen....More important is how you deal with the situation afterwards.
- Healing from broken trust creates incredibly deeper connection and renewed trust.
- If you've been with someone long enough trust will be broken. Re-establishing intimacy and recovering lost trust is absolutely essential for a strong sexual connection.
- Another perspective is that if you cannot even trust yourself in all situations, who could you ever expect to trust another? One thought is

that “you can never really trust another, you can only have faith that you and they will do their very best in any situation.” What do you think?

- Tap on times that trust was broken by your partner as well as your past relationships; parental and otherwise.

2. Communicate

- A. Tactfully give neutral feedback “Ouch! It hurts! Stop it!” sets up defensiveness and giving up...versus “Honey, could you just move a little to the right and make it softer with more gentle stroking”
- B. You can do some communicating in bed without using your voice, ie physically demonstrating, moving their hand, etc. but there is no such thing as psychic sex.
- C. Seek to understand not to be understood. It’s a basic tenet in Non Violent Communication. Challenge of Not Safe: Silent/ non-interruptive communication vs. engagement dialogue....its not what is actually happening in the situation it’s how you feel about what’s happening...

Past Relationships: Loud interruptive large, ethnic families vs strong need to be heard i.e. wound from past relationships...
- D. Allow your partner to express themselves and their feelings, but Drama or too much emotionality is about the past. DIALOGUE: what 1 person deems is too much emotionality can be debatable...
- E. Fight fair...again leave out always and never as in “You **ALWAYS** pay attention to other women more than me” You **NEVER** compliment me in the company of friends.” Address each other respectfully, a useful check in would be, would you refer to your loved one that way if your grandmother was in

the room? Helpful to begin with “I” feel ____ when you do or say ____, rather than beginning the sentence with the blaming “You” ____.

- F. Ask for what you want, you will more likely get what you want and you are more likely to give in return. Speak of the building resentment from over giving/self sacrificing.

3. Short Term Memory/Healing the Past

- Heal your past, otherwise it will become your new present, even with a new and different person;
- Story 1. client in 2nd marriage, she resents his physicalness with other women and what she perceives flirtatiousness and is suspicion of him having an affair....but to him it's just how he is...the problem is her past husband repeatedly cheated on her and she carries forward a super sensitivity to this issue that she needs to heal.
- Story 2: If as a child your parents either berated you or abused you in any form, it is common to create a relationship with someone who acts in a similar, wherein you have re-created another mirror of why you are not good enough as you are and each time you create a new relationship you are likely to shift the relationship into that same mode unless you finally come to loving yourself enough to know that you deserve an can have better.
- Not liking vs. hating...When someone in bed is vociferous with their hating of some position or act or form of sexual engagement, be suspicious that this extreme form of resistance is more than just a preference, there is likely some emotional tie to the past, i.e. sexual abuse, that position reminds me of so and so...
- Don't compare sex now to past relationships. Expect that this relationship will be your best one yet. Comparisons rarely empower...obviously demeaning

comparisons create deep wounds (i.e. in comparing physical bodies or talents), and even “You’re better than all my previous lovers” only sets up the context for disagreement.

4. The Courage to be vulnerable and powerful

- As humans we need to feel both...in ourselves and in our partner.
 - *It requires just as much courage for a more stoic man, to be vulnerable and to express his fears and disappointments and insecurities.....as it does for say a more reserved woman to risk taking control of lovemaking despite her mythology that there’s something wrong or dirty about a woman initiating sex.
- Discover which you tend to be and work on ways to enhance the lesser of the two...Sex therapist Dr Laura Berman often prescribes creating a surrender date:...details
- Tap on fears of being more of the other

5. Build and shore up the foundation

- Make your relationship the top priority
- Set aside time to date even if you have to make an appointment
- Turn off the computer/tv/phone. The average American is watching more tv than ever NY Post 150 hours a month (about 5 hr/day)
- Sleep, relationship, and Feng Shui experts all agree – TV out of bedroom
- Sanctuary of your lover’s arms, sex can be therapeutic for outside world pain/stress

- LINGERING:
- Foreplay not just the 10 min before intercourse- be willing to be the one to dance while making dinner...it's the hours before as well....
- Afterplay for women who experience a rush of Oxytocin this is especially important...cuddling
- Break your schedule/patterned behaviors...Stop!
- Turn the TV off! Stop working! Get off the Facebook/Twitter/email rollercoaster! What are you avoiding by staring at the screen for hours? Why do you feel the need to be pacified by a glorified babysitter? When was the last time your relationship was inspired or made stronger or more passionate by some sitcom or nightly news?
- Morning sex/cuddling – set the alarm to go off 30 min before you have to wake up the rest of the house
- Allow time to expand and watch how other things reveal themselves...making space
- Bathing Together

6. Giving and Receiving

- If it isn't equal there's going to be resentment...But don't keep a running list of who did what to whom
- Oral sex- let go of your resistance, EFT, modify technique
- Receiving is a gift to the other...it allows the giver to have pleasure in feeling/sensing your own pleasure

7. Lightness of Being

Sex doesn't always have to be scorching hot

My opinion- one's ability to laugh at oneself is a measure of emotional intelligence. Laugh at your goof ups and move on.

Very few examples of laughter and play and silliness as being erotic/sexual

8. Touch, touch, touch

- Touch yourself
- Touch each other (non-sexual) – inside the home/out in public
- Touch each other erotically Goal is to excite, arouse, and titillate. Use silky fabrics, furry massage mittens, feathers or get creative with other objects that create sensations that you enjoy. Work from fingers and toes inward towards the genitals and go slowly. We recommend 100% organic virgin coconut oil for both lubrication and massage. At room temperature its solid but can easily melted to a liquid. Many synthetic lubes have side effects and have known carcinogens and are inedible. If you are trying to conceive consider raw egg whites at room temperature. Don't use it with latex condoms.

9. Be Adventurous and Mix It Up

- Sex shops
- Break the patterns – place, times,
- Dopamine rush – risqué, daring, leads to better sex

10. Know when to say Enough

- Not all relationships are meant to last forever...
- Sometimes a relationship is mean to just help you heal something and then move on, with gratitude.
- Powerful Question: Families with children...would you like your children to be in this type of relationship when they are grown
- Some people that struggle the most are spiritual and conscious because If you can see that any relationship mirrors for you your own dysfunction, than you may not be willing to leave, long after the relationship has served its function.
- Running off to find new thrills isn't it either
- EFT can facilitate either the completion or the healing of a relationship.

We hope you enjoyed.....closing