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Abstract

Want to be the best lover you can be? Start with your mindset, not with technique. Make love with the parts of you that make love.

[Grab your reader’s attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]

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Enlightenment Through Ecstasy:

An Adventure Into SACRED SEXUALITY

Couples Manual

**D**on has been interested in sexuality for decades. Hearing stories of how people cheapen it, he dug deep into the research of ancient practices that respected sex and sexuality and each partner. He read multiple books with ideas how to approach sacred sexuality rather than simply techniques, although there are plenty of good techniques included. He talked to people about their sexuality and what works and does not work for them. The never-ending orgasm, the enlightenment lifestyle, taking time out for yourself and your full expression…

Combining age-old practices with current practices, science with art and couples counseling with emotional connection, Don has challenged couples to connect on profound levels, changing their relationship with sexuality and themselves.

Bring all of you to the sexual encounter and embrace your sexuality in everyday life. Honor yourself and your partner and reach new levels.

Do the pre-retreat workbook first to see what you might learn and reinforce some new habits. Do the post-retreat workbook to ensure that what you have learned is yours, truly yours and make it your own.

You can do the workbooks over the course of a couple years or in a few weekends, depending on time you have available.

This manual should be LGBTQ-friendly. If you find something in here that is not, please let me know at donboice@boicecounseling.com



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**Introduction To the Retreat**

WECOME

Thank you for choosing to invest in your relationship. It is worth the time, the effort and the money. We have set it up so that you get tips that are practical and you can apply them immediately. We have some theory as well and then there are multiple exercises for the couple to deepen and broaden their understanding and relationship. There is reinforcement of concepts taught earlier and review. Sometimes it takes a few repetitions before it sinks in.

Clearly this is not therapy. You will be given an overview of sacred sexuality and how to improve aspects of your relationship that build capacity for the highest connection. There will be a focus on building emotional capacity, communication and building physical capacity. The concepts are simple, not always easy. There are more exercises in other workbooks if you would like to continue to have structured exercises and prompts, not necessary for all couples, but helpful.

OVERVIEW

When you are ready emotionally, you have removed the blocks to connection, you have improved communication, you have the emotional maturity to ask for what you want, you are ready for the physical aspects.

Do the physical work, the exercises and practice and watch how much better your body responds. When your body and your mind are aligned, your relationship benefits and your sex life is amazing. You have a sense of spiritual connection as well.

OUR GOAL

We would like you to see yourself going down a path towards a healthy relationship. You may already be on a growth path and recognize that this enriches your approach. Some of you are taking this to solve a problem.

The fact that you get to do this at your own path has some definite advantages. The downsides are that some people are not disciplined enough to follow through. A suggestion is that you set aside time daily or weekly, with reminders on your phone, to do this with your partner. Doing it alone can be beneficial, as well. Go for the full benefit.

Consider that it is a long process, and you are always growing and learning until you die. That is part of life. We cannot solve all the issues in every relationship in this workbook, this manual. This is the start. We are asking you to change the trajectory of your relationship, like James Clear writes in Atomic Habits. Every change you make, no matter how small, not matter the increment, creates incremental change. Over time… Wow!

Set up a reminder in your phone to do this work. Do not rely on your memory.

***Building Emotional Capacity First***

**WHAT CAN YOU DO TO BUILD CAPACITY FOR SACRED SEXUALITY?**

What do we mean by emotional capacity?

If you can be emotionally open, let down your walls, stop blocking your partner, deal with your fears and anxieties, your relationship will be better.

If you can know what you want, ask for what you want, thank your partner and show appreciation, your relationship will be better.

If you can ask for your needs to be met instead of griping or complaining, your partner will be better able to hear you and will likely try to please you.

Can you see how this relates to sacred sexuality and asking for sexual needs to be met?

Feelings are a huge part of being an adult and our society has not prepared you for this. You have to do the work if you want to get there.

It is worth it!

*It is worth the work that is required.*

**I am Not in Touch With Emotions**

We know that. That is why you are here. You are here at this point on the path to build that. Learn how feelings work on the emotional path and watch what happens to your sex life!!!

How do Feelings Work?

***You feel the feelings anyway, might as well know what to do with them.***

You feel a feeling in your body first. Point to where it is. Breathe into it. If it is hard like a rock, it might take some deep breaths into the center of the hardness. As you breathe into it, it softens and is likely to give a message. Listen to the feeling and what it is telling you. Do you need to do something different? Are the feelings telling you that your life is not working and if you do something differently, you will have more satisfaction?

 **WHAT CAN I DO TO BE BETTER AT FEELINGS?**

Remember that feelings are normal and natural. Breathe into them. Feel them and let them go. You don’t think a feeling, you feel it. A feeling is a physical sensation paired with a thought. Pay attention to the physical sensation. Be with it, no doing anything, yet. Just breathe and allow the feeling to be where it is. Feel it without avoidance, without pushing it down and without stirring it up (escalating your emotion). You might cry or not cry. You might feel deeper feelings and it might move. Just be with it. No real action, just witnessing it. Look at your partner when they express their feelings. Are they congruent? If they don’t match their tone to their words, how does that impact you as you listen to them? Are you congruent when you do feelings?

*Just Be with The Feeling*

**When do I get to do something with it?**

Feelings are about being, not doing. No action, just be there with it and it evaporates. That is the most efficient way to quickly go through a feeling. Within 20 minutes or so, most feelings evaporate. Let go of it when you are done with it. The past is in the past. You are moving forward. Be in this moment now. Now be in this moment. Now this moment. You get the pattern, right? Be where you are, fully present. That is the ecstatic lifestyle. That is connection with yourself. If you are connected with yourself, with your feelings, it is significantly easier to connect with your partner. Most people want a deeper connection with themselves and with the people they love. Not all people, though. Ask your partner about having a deeper connection with them. If you want to have some fun, look at my blogs from October and November 2021on [www.boicecounseling.com](http://www.boicecounseling.com) They ask you to do rapport exercises with your partner. Try doing them and see what happens when you are in great rapport with your partner. I am guessing your sex life automatically improves. It is like magic!

Try this exercise: Take a feelings list from the Internet. Find a mirror and say the word out loud. Do your face and tone of voice match the word?

People want sex tips, too, but if you go deeply into the issue of sexuality, it is about connection and following the connection. If you are connected, you need fewer tips.

Until then, here are some tips:

**What tips do you have for us?**

Try your best to be present, fully present. Listen completely and fully, no distractions, no phones, no multitasking while listening. Emotionally present is key. While you are being sexual, be present. Eyes open and looking at partner- fully present. Moan or vocalize- fully present. Breathe deeply- fully present. Tell partner what you are enjoying about what they are doing-fully present. Can you see why we started with the emotional capacity building first? When you are fully present, it feels better physically and emotionally.

Talk about what you like about your partner. Appreciate your partner, out loud, often, multiple times a day. Multiple times a day. Yes, multiple times every single day.

Focus on your needs sometimes and balance that with focusing on the needs of your partner. Cleaning, chores, emotional, sexual etc. Make it balanced.

Do not use your partner. Pay attention to your partner even when you are not asking for sex. See your partner and touch your partner even when you do not want something for them.

“Must be present to win”

Drain the swamp. You have bad habits that kill passion. Work on them. Become more emotionally attractive to your partner. Pay attention to anything and everything you do that kills passion, emotional, physical, mental. You are likely to be more intimate, more often, when you do things that build intimacy and reduce things that kill passion.

Faster is not always better, neither is slower, variety is key, and we have found is that most people are just going for physical intensity rather than the whole experience. I feel badly for them, because they miss out on so much!

THE NUMBER ONE TIP FOR BETTER SEX: SLOW DOWN

**WHAT CAN YOU DO TO BUILD PHYSICAL CAPACITY FOR SACRED SEXUALITY?**

Just to be clear, we are not done with the emotional capacity. Just wanted to be certain that you know how important it is and then move to some tips. Let’s get you interested in practicing the exercises and let you see what happens when you start. You might have enough pleasure and want to stop there. Maybe that is all the pleasure you can stand. Maybe you know there is more, and you want to push it a little bit?

*How Much Pleasure Can You Stand?*

**Sex is Physical**

I acknowledge that you have a body, and your body is part of sexuality. Don’t put too much emphasis on the body or you missed the point. Wait till you experience what I mean. You are welcome!

Got to be in good physical shape for this. I want you to last long enough and for it to be enjoyable and it can feel like a workout if you are out of shape.

***Do the sexual workout and watch out!***

 Yoga poses- why? If you do boat pose, bridge pose, plank pose, chair pose daily for a month, you will thank me. I am not a yoga instructor, so look on YouTube or go to a yoga class and do those daily, continually. They build your core strength, your stamina and endurance. You want to build the muscles that you will use during sex. Which brings us to Kegels. Those are the exact muscles, not the supporting muscles. Imagine having a strong pelvic floor and knowing your body is capable of some amazing things… Some people do a range of exercises with their pelvis. I have had clients tell me about learning how to do pelvic thrusts, pelvic rocking, squatting etc. and the benefits to their sex life.

 Walking daily keeps you active and doing sit ups has some overlap with the above muscles. Your body will get a workout during sacred sexuality, and you want to be ready and in good shape to fully enjoy the experience. We will get back to more physical exercises to build capacity in a few pages.

Mudras are for the people who are a little more advanced. It is a physical way of moving your energy. Once you experiment with these, you will start looking for other ways to apply your knowledge. Imagine having control over your energy to the point that you can send your energy to your partner or through your own body parts.

**Amazing Sex and Sustained Ecstasy**

It’s pretty rare for a couple to break up just because the sex isn’t great. That’s probably not what’s wrong with your relationship is that you’re not at the fantastic level of sex.

Chances are if you’re coming to a workshop like this, you want some enrichment, some technique, and you want to figure out what’s blocking the deeper connection when it’s blocked. I’m not saying that there has to be a problem to come to this. I’m saying that there usually is a problem in terms of blocking and not being aware of it. Blindspot “it’s not a big deal”

I’ll pay attention to where those blind spots are and learn so that you don’t have them continue to be blind spots.

So, my approach tends to be cerebral or thinky. For Some people it’s more physical and go with the flow and spontaneous- but not planned. Some people it’s more playful and humorous. Don’t do it my way, do it your way. Do it in a way that’s going to work for you.

*How do I know where my blind spots are?*

**Is It Supposed to Be Hard Work?**

All the puns are intended, even the sophomoric ones.

 This is not the

Institute for the Sexually Gifted

Is this supposed to be hard work and keep pushing at it?

Is it physical exercise and sexual gymnastics and being a sexual Olympian or the Institute for the sexually gifted?

Or is it about being in touch with your emotions, breathing, building capacity?

So that when it comes time for sex your emotions are ready to have sex, you are prepared with communication for good sex, your body is ready for it, and you just go with where nature takes you.

We’re actually eliminating blocks to communication and blocks to access in blocks to connection. If you remove the blocks first, then we can teach techniques. If we teach the techniques first, what we found is people don’t have the incentive to remove the blocks and then they’re wondering whether sex is in spectacular. Their technique is spectacular, but the sex is not wonderful because they have not gotten rid of the blocks to connection.

**WHAT CAN YOU DO TO BUILD CAPACITY FOR SACRED SEXUALITY?**

With your partner, list your blocks. How are blocking one another from connecting emotionally and sexually? Hint: Pain and fear are categories to explore and get more specific, then heal them.

Talk about and write down: What are we doing to remove those blocks?

**Physical Tips for Better Sex**

Talk about these issues with your partner. Be as specific as humanly possible.

What do you like about giving, and receiving, licking and sucking?

Ask: What can I do to make that more enjoyable for you when you are giving, when you are receiving?

What do you need from me regarding hygiene? Let’s be honest about this. Take a shower the day of being sexual, hopefully right before sex. Some people are turned off by smells etc. and you want to smell fresh and be clean, all over. Trim those ear hairs, those nose hairs, brush your teeth, pluck those eyebrows, wash your hair, trim your fingernails etc. What else? Talk about it.

*I am more than my genitals*

**Focus on me, not my genitals**

Pay attention to my body, my emotions, my spirit, not just my genitalia. That is part of the emotional capacity from earlier. Touch me all over, not just the parts of me that have a lot of nerve endings.

It is not about ejaculating, it is about pleasure and connection, ecstasy.

Frequency of ejaculations- For men, you can actually hurt yourself by having too many, without rest between. The Epididymis gets inflamed and it feels like a knife stabbing your testicles. You can also deplete the vital life force and approach depression with too much ejaculation, without rest in between.

You can have an orgasm without an ejaculation. So please, don’t become focused on the ejaculation. It is about the process.

***I have heard the upper limit is 60 orgasms***

Number of orgasms can be fun, but that is not the goal. The process of connection and reaching ecstasy is the goal. Having said that, it sure does feel good to have multiple orgasms. Ask your partner if there is something you can do to have them more often. Work together as partners to have more multiple orgasms. It is related to being responsive and tuned in to your partner. When you are tuned in, you can feel the next one on its way. Stay there and keep going a little bit longer, if they want. Ask first.

**WHAT CAN YOU DO TO BUILD MORE EMOTIONAL CAPACITY FOR SACRED SEXUALITY?**

Didn’t mean to leave you hanging on the emotions. There is definitely more here. Let’s look at more tips for the emotional aspect first.

Ask first. Yes, try new things, after you ask!

When you feel emotionally safe, you talk about things, before, during and after. Yes,

during… wait, do you not talk during sex? Why not? What is going on there? How are you communicating your likes and dislikes without words? Are you making them guess?

Tip: No guesswork and there are 5 senses you can involve, are you using all 5?

Get used to asking for what you want. Not demanding it, but asking for it. Tell your partner about it afterwards. Tell your partner what you loved and can’t wait to do again.

This is not the time to criticize or “improve” them.

“Oooh, that turned me on when you….” “When you said, “that’s right, like that,” I was so excited. I love knowing you enjoy what I am doing.”

*No Judging Your Partner*

**Imagine feeling judged**

To prevent that, we ask that you tell your partner what you do not like, before it happens. If you know there is something you do not like, you can tell your partner ahead of time. “I don’t really like oral sex,” is a common thing to hear. If that is a big deal, talk about it. Get to know why, being curious, not judgy. Get to know your partner on a deeper level.

Try mixing it up a little bit. Touch the parts with fewer nerve endings, then more, then fewer, never letting them get numb to it, never tuning it out.

***Try to Keep Them Engaged***

You know that your body has different sensitivities and more nerve endings, in different places. Try mixing it up a little bit. Consider starting the warmup with candles, music, good tasting food and then cuddling or kissing for a bit, then move your hands to the places that more nerve endings, then…And this is important

Move back to the less sensitive areas

Let your partner get used to your touch, not numb to it

Let your partner want the more intensity and have to pay attention to their body, they have to tune in! Mix it up a bit even towards the end. You are not going for the orgasm in sacred sexuality, you are going for building energy, associating pleasure with your partner, connecting and having a unitive experience.

**What do you mean by sexual “performance”?**

Back to physical capacity

Let’s look at heart issues. Some heart medications and heart conditions can hamper sexual performance.

Think about that word, “performance.”

We are not about performing here; we are about connecting.

Focus on how to connect and make love with the parts of you that make love. That is what we are here for. Create and make love with your heart, your brain, your spirit and make sure that your heart is strong enough and you are healthy enough for it.

Premature ejaculation and dryness, not being able to sustain an erection- These things happen. Not a big deal, unless you are focusing on “performance” rather than connection. People with these issues can address the issues and we can problem solve, but the deepest issue is that we are connecting. You can still feel pleasure even if everything is not “Working” the way you wish it would. Make love with the parts of you that make love.

Sexual side effects of certain antidepressant meds include not being able to get or sustain an erection, not being able to climax- if you are having these concerns, ask your doctor to shift you to a medication that is not known for sexual side effects.

As we get older… yeah, that’s something that is not fun to hear, we need to consider plan b. If his penis is not “cooperating” in the moment, don’t make a big deal about it. Consider that there are other things you can do. Talk about it beforehand and what might we try if that happens? What do you need from me, emotionally, if/when that happens? Some women struggle to reach orgasm and that’s okay as well. Talk about what you will do if she doesn’t orgasm. Take the pressure off performance and put the focus on connection.

*Slow Down*

**What is the Rush?**

The idea is to build energy and pleasure and connection. There is no prize for getting to ejaculation or orgasm fast. Quality is the goal. Most people rub or pump too fast, they get excited and want to go intense, forgetting that slow is a viable option that feels so good! And focus on the person, not the genitals of the person, if you want them to feel loved and connected.

Make love to me, not my genitals!

**How Well Do You Breathe?**

Breathe and continue breathing and practice it- be relaxed for best results, for peak performance, just like any elite athlete. If you are practiced at these types of breathing, then you don’t have to be distracted by your breathing during sex. You can focus on your partner and how much pleasure you can bring them. Practice deep diaphragmatic breathing- breathe in through your nose, out through your mouth. As you inhale, your diaphragm should rise and as you exhale, it falls. Mentally rehearse this and practice this, so it is automatic. Do not hold your breath, if you want peak performance sex.

*Do Not Hold Your Breath*

**Are You Still Awake?**

Make sound and vocalize - ask your partner for their preferences when you vocalize- “that’s right ““I’m coming” “Look me in the eyes”- no criticism during sex- ever!

Safe process is to ask ahead of time with no surprises. Most people prefer to hear that they are pleasing their partner.

From a practical angle, silent sex is not really as engaged or as spontaneous- you are controlling your response and likely holding back. Experiment with vocalizing and moaning when you are eating or getting a massage.

Let people know you are enjoying what is happening, that you are in touch with your body and your feelings. Yes, I used the f word

Let People Know You Are Enjoying Yourself

***What Do You Want?***

Ask directly and bluntly for what you want and own it- the partner is unlikely to read your mind and you are responsible for getting your needs met. No blaming the other, take full responsibility for getting your needs met, please.

Get the clitoris involved in grinding- ask them how they like being touched during sex and especially at the climax- must talk about toys or no toys before being sexual- no surprises, no guesswork

**Practical Tips for Sacred Sex**

Learn more about sending energy through your fingers and throughout your body, your eyes, your mouth- that is beyond the scope of this, but when you can send energy…. Wow!!! This is something you don’t know you want, but you want!

Fingers- talk about it, fingernails and clipping, washing dirt and grease off hands before, one finger or two, if you have calloused or micro abrasions, use lotion and talk about your lube preferences when using fingers

Lube- If you have not experimented with lube, please do so now. Use more, use less, use earlier, use later… KY Jelly is the one that has the market share, but there are others. Some do warm, or burn, so experiment and ask for feedback. As women get older, they require more lube. If you are doing a hand job without lube, well… think about sandpaper for a moment. Yes, that’s unpleasant, isn’t it? Think of other questions you can ask your partner about lube. Oh, right, if you’re someone who has marathon sex, please use a lot of lube from the beginning. Think about how you would feel the next day if you didn’t use a lot of lube. You’re welcome

*Some People Rub Me the Wrong Way*

**Set the Mood**

Candles- remember eyes open so that you are fully present, you can see better with low lighting or candles and candles are very romantic, which leads to connection.

Astroglide or KY?

Music- light music in the background is great for some, some prefer music that does not have words because it distracts them from love making

 **Namaste means, “The divine in me recognizes the divine in you.”**

Honoring your partner- not everything in sex is straightforward. Most couples have had or will have some sort of conversation about the following. Try to do so in a non-judgmental manner, because you do not know what your partner is fantasizing about and feels shame about.

Slapping, spanking, choking, pulling hair, scratching back etc., gagging, blindfold, handcuffs, threesome, swinging, open relationship, when to stop or push through to next orgasm- where is the line for you both? And why?

Whatever you want from sex, make sure you’re honoring yourself and your partner(s) and not have regrets- many people don’t think those through before doing them and repairing is harder than refraining. We are going for sacred sexuality here and that is our angle. Yours might be different…

Always debrief after lovemaking and thank your partner for bringing you ecstasy.

**For Guys Only**

For Guys only, if you are not a guy, please don’t pay attention to these guy secrets:

Every single woman who comes into my office and talks about her partner, tells me that she desires emotional connection. She tells me that her guy is like a robot or a computer when it comes to feelings. I exaggerated, sorry, 99% of women say that.

If you want to be a better lover, start with communication and emotions. I have plenty on my site for you. I want you to be successful with your partner, masculine or feminine.

***Building emotional and communicational capacity is the first goal***

I statement

Clarifying

Validating

Be nice to your partner, all week long, all month long, all year long

Emotional Safety- if your partner thinks they are unsafe, you will not get a connection or the deeper levels we discuss

*I Invite You to Check Out My Website for More*

**Be Bold, Get Rid of the Negative**

Deal with conflict- many guys sweep it under the rug and avoidance kills passion, it just does

Are You Compliant or Are You Someone Who Goes for What He Wants?

Drain the swamp- if you have an addiction, a bad habit, something that your partner has complained about repeatedly, do something about it. Your partner won’t tell you it is unattractive for a guy to do nothing about a problem, but...

 ***Selfishness and Boredom***

Ask for what want- “Whatever you want” is not a reply your partner wants to hear. Go for what you want in life, in your relationship, in your sexual relationship. That does not mean you are selfish, unless you don’t also encourage your partner to do the same.

Boredom and reciprocity- Learn more, be excited about your life, your relationship, your sex life and make sure you are giving back. Some guys are super lazy and selfish. Are you doing for your partner as well?

**Tips For Guys Only, Part 2**

Sex during her period- have to have this conversation.

No guesswork and no surprises. Do you want to? Does she want to? How do you do it in a way that works for both of you? I have heard women say that is “Blow job week” for them. Some say that with resentment, some contentment. One size does not fit all. Ask

“I just want a quickie,” What does that mean? Is that charity sex? Ask for clarification

Would you rather your partner says, “This one is for you- not charity.”

Enjoy it or don’t do it. Let’s face it, not every partner likes everything. Talk about it and don’t say “Yes” when you mean “No.”

Encourage your partner to do the same. These are tough conversations to have for some people and it brings up shame and insecurity. You have to be emotionally ready to have those conversations. That is why we build emotional capacity first.

If you are not sure, try doing it with mental rehearsal and think it through.

Anticipate- I think my partner would like…

Your partner might appreciate knowing that you think of them sexually when you are not together.

Connection or rocks off- think about what you are looking for from each time you are intimate. Get to know yourself and your motivation, without judgement.

*Get To Know Yourself*

**Building Energy**

Edging to build energy not to torture- take them to the edge and back off, you can do those multiple times and it builds energy.

Your partner appreciates knowing you think of them when you are not together.

For the advanced group that knows how to move energy, this is a vital skill. For those that have not yet learned that skill, edging can be amazing, or it can be torturous. Be kind and loving and ask

 ***How Can You Keep Improving if you Don’t Get Feedback?***

Feedback loop- This is where most guys fail miserably. They don’t want to talk about it. How do you know if it was good for them if you don’t talk about it? Full disclosure, women say some horrible things about sex and then follow up with, “He thinks he’s great in bed but…” You need to ask so that you keep improving.

**WHAT CAN YOU DO TO INCREASE THE AMOUNT OF SEX?**

Initiating sex

Get your signals down. This is a massive area of frustration for couples. How do you signal to me that you are interested in being sexual? Yes, ask that directly!!!

How are you making the decision to approach your partner about being sexual?

How do you know your partner is receptive?

Are you too cautious?

Put the odds in your favor

Creating desire and arousal- If we wait for our partner to be aroused, that might take a long time.

Create desire in them.

Treat them with respect and honor and cherish them.

*When the Man Does More Chores, More Sex Happens*

**Your Partner is Tired and Distracted**

You are competing with TV, family, friends, work, society etc. What is the value you are demonstrating?

Court them and be romantic and the arousal follows desire.

Why should your partner want to spend uninterrupted time with you?

Make it worth their while!

***Are you Associated with a Better Life?***

 When your partner hears the car door close, are they excited to see you?

Are they looking forward to seeing you and being with you?

Should they be?

Are you still courting them and making their life better by being in their life?

**The retreat part is now over.**

The next pages are filled with exercises to practice connection. Some physical, most emotional, to continue to build capacity and reinforce what you already know. Keep doing the check in process and keep experimenting with ways of talking and being physical. Keep getting to know yourself and your partner.

I have created other workbooks that have more exercises if you find that you like having an outline or structure to getting to know one another.

**EXERCISES Are the practical core of the manual. You are learning some techniques, reviewing some tips and reminders that you already knew.**

The best way to gain value is to go through exercises. Do these at your own pace, one a day or one a week. Watch what happens to your relationship when you are able to dedicate time to it, organize your time and tell your partner that they are worth it.

Please go back and look at the tips. Which ones do you want to try next? Make a list together, as partners. Tell your partner which ones appeal to you and tell them why those ones appeal. Allow your partner to know you.

Going forward, I am asking you to answer questions. I give you space to write, if you so choose. There is a space for each of you, Partner 1 and Partner 2, if you choose to write your answers. Please note how things change and shift as I ask them a little bit differently, give more or less information. As you go on, you might even interpret the same material differently.

This is not a mind exercise. This is about doing it, changing behavior and experiencing the new way, expanding your comfort zone.

I appreciate the work that you are doing.

EXERCISE

# Can you talk about the frustrations, the resentments, jealousy, hurt feelings as easily as the anger and happy feelings?

Partner 1

Partner 2

Can you nuance your statements and ask for support and acknowledgement?

Partner 1

Partner 2

Do you like how far you have come in the time leading up to the retreat?

Partner 1

Partner 2

Do you know what you want from the retreat right now? Name one goal

Partner 1

Partner 2

Have you checked in with your partner to see if it is realistic?

EXERCISES TO TIE IN WITH

PRE-RETREAT QUESTIONS

Things might have changed since you answered these during the pre-retreat process.

Discuss what Sacred Means and how that has changed for you.

What do you want from the retreat, at this point?

Discuss how well you have been able to follow through with the physical capacity building: Be in your body, hips, pelvis, Kegels, yoga, mudra, how to give and receive

Have you done the energy Mudra, reiki exercises of push pull and allow/stop, shoot energy out of fingers, the role of touch?

How has this concept changed your relationship? I am responsible for my emotions, my behavior, my orgasms and pleasure

Are you both now able to name emotions and express them?

Did you listen to the audio of how emotions work, DPA, Validation?

Messages about sex- the ones that were unhealthy and long-lasting. What have you done to unwire those?

Are you able to talk about sex with your partner, in a way that is more comfortable?

Are you able to say what I like and want, preferences, how to talk about it, use the words and talk about arousal and desire?

Examples of how the two of you talk about sex in a good way, no guesswork, download talker/listener from [www.boicecounseling.com](http://www.boicecounseling.com) before you get to the retreat. Practice it repeatedly and be able to use it almost to mastery- best possible experience.

**What questions do you have for your partner about the pre-retreat process and workbook?**

# How is this process working for you?

# We call this “process commentary” and it is helpful to ensure the process is working for you. Make sure you get your needs met by telling your partner your needs and make sure their needs get met, as well, by understanding their needs. You can use this during sex, during conversation and the idea is to make sure you both win. Win-win and keep talking, telling them your context until both parties get a win from it.

Just a reminder this is self-paced, so you can change pretty much anything you want to change. A couple suggestions- follow through is hard for many couples. How are you prompting yourself to do the work here? Do you have prompt in your phone so that it is at the same time, every time? There is something very helpful about regularity and ritual.

Imagine getting yourself into a good mood, a motivated mood, a romantic mood and then doing this with your partner. Imagine starting each time with, “The divine in me, recognizes the divine in you.” Start these talks with that and then imagine if that is how you started your lovemaking as well. Powerful

My intention during today’s talk is to connect by being kind, loving, using my best listening and being responsive to my own needs and the needs of my partner.

The purpose of us doing this and continuing to do this is….

(Purpose driven relationships tend to do better.)

# EXERCISE

*Please spend some time thinking about how you want to use the exercises. Talking, writing? What works best for the two of you and adjust accordingly if you find you need something different, just like with all your communication and all your sexual activity.*

**Self-love precedes being able to love others fully and with full health**

Everyone says that they love themselves. Almost everyone.

What are you doing to demonstrate self-love?

Partner 1

Partner 2

Which *love languages* are you using? Do you know the love language of your partner?

Partner 1 My love languages (top two) are:

The top two love languages of my partner are:

Partner 2 My love languages (top two) are:

The top two love languages of my partner are:

Would others agree that it looks like you love yourself in a healthy manner?

Partner 1

Partner 2

Ask yourself-What exceptions are there to this? What blocks your self love?

Partner 1

Partner 2

What help do you need to remove the blocks currently there?

Partner 1

Partner 2

EXERCISE

# What I need from myself and from my partner, points exercise

Tell your partner (in a list of at least ten things) what they do that brings you joy and contentment, satisfaction in the relationship. Ask them for that in the future, as well.

Partner 1

Partner 2

Give a point value so that they can determine more easily what to do when you need more loving. Ask for what you want. Give yourself what you want, as well.

**Types of orgasms**

Note: Make sure you are healthy enough for multiple orgasms

Some orgasms are super intense with the body shaking internally or a headache and people attach danger to it, even when that is not dangerous. When you first experience this, some people get freaked out. What do you do if you get a splitting headache? I suggest breathing slowly and deeply and send energy out of the top of your head. Pull hair gently to stim the scalp.

If there are body convulsions, obviously not a seizure, help your partner breathe deeply, hold them, put your hand on the area to help them feel reassured, loved and relaxed. You’ll get used to it. It is an energy release and it is okay, not dangerous. You have more energy blocked and stored in there than you realize.

Do you know the four types of orgasms and how to get there?

Partner 1

Partner 2

Can you find the g-spot and the cervix with your partner?

Are you willing to know your body even better? What are you willing to do to get in touch with your body?

It is common, or at least not unusual, during intense sexual experiences to have a hoarse voice, dry mouth and sometimes get a raging headache.

Some women talk about having their body shake internally, some even convulsing after a particularly intense cervical orgasm. In a good way… Oh, and the cervix can be a little confusing for a variety of reasons. Talk about it if you even want to try it and then the first few times, you might need step by step guidance. Go deeper, usually with fingers, and not vigorous, just outside the cervix… She can guide you to what feels good.

Without giving medical advice, because we are not doctors, consider having water and food nearby during lovemaking. Consider hydrating enough during the lovemaking. Breathe slowly and not through the mouth if you are finding the pattern of dry mouth.

In the case of a headache, it is not uncommon to feel some pain with an extended orgasm, depending on breathing and hydration. People have said that gently pulling the hair helps alleviate overwhelming energy in the head region. Breathing slowly can also be effective, as can drinking water. If these do not alleviate headache, then please do what you would normally do when you have a sudden onset headache.

The nipple orgasms seem to be less intense and not all women report being able to have these. Tell your partner what you like and show them. There are many exercises for breast massage and everyone has their own preference.

Clitoral orgasms get the most votes for frequency and relatively fewer women are able to orgasm just with penetration. The G-spot is a favorite for a lot of women. Describe what you like and walk them through it, so they get it. When you master finding and stimulating the G-spot, touching the clitoris the way she likes, you can easily expand your repertoire. The women in my office tell me that their partner often focuses too much on the clitoris and give little to no attention to the rest of the body.

I am interested to see how you are going to talk about these to increase connection.

**EXERCISE**

**Tantra exercises for the physical aspect- how to use the physical to transcend the physical**

Our bodies are capable of amazing levels of pleasure, bliss and joy. Can you imagine having sex so magical that you leave your body behind?

Partner 1

Partner 2

Okay, that might be metaphorical, but you can transcend the experience you currently have in your body. That is part of what we are doing in sacred sex and tantra is learning how to use your body to reach higher levels of consciousness.

Please consider what that means for you and what you are doing to get your body ready for it and your mind ready to wrap around it.

Pelvic rocking- if you are not familiar, please look it up on YouTube. Hint, you can stand and rock your pelvis forward and backward, slowly warming up that region of your body and building the muscles.

See archive.org and type in “Don Boice” for Yoga for sex, Mudras etc. There are a few recordings there you might appreciate and possibly get benefit from listening to. You have caught on that I sometimes repeat myself because I have learned that sometimes people don’t do it the first couple times it was suggested. Let’s just say that if you are in shape, physically as well as emotionally, you are going to love the difference in your sex life. Everything feels better and you can concentrate on the connection and energy.

Please consider listening to a few recordings and letting them guide your learning.

Did you listen to Yoga for sex?

Partner 1

Partner 2

EXERCISE

**“Energy follows intention”**

You will likely have heard this a bunch of times by the end of our time together. Set your intention and watch how your energy goes along. For example, “I intend to drink this coffee.” Just like that, you drank the coffee. But seriously, picture something in your mind, visualize it and feel the emotions and watch what happens next. There are some fascinating synchronicities that happen when you do that. Keep setting your intention and then keep paying attention.

Try it and tell your partner about it

Partner 1

Partner 2

**Receiving**

**Practice 2-3 times getting to know self and other**

Set aside time to really get to know your partner’s body. Set aside a couple times and dedicate to just one of you and explore, with consent, obviously, and let them teach you new things about your body. Talk about your likes, wants and preferences. Guide them to get to know you. Allow yourself to be known. People tend to be a little shy about this. That is okay to be shy. It is not okay to withhold this type of information from your partner if you are sexual. It gets in the way of the relationship. Get the courage to be as honest as you can.

Did you do it, both of you do it, or just read the above? This one is an absolute must. This is a potential dealbreaker. If you have not done it, set up 2-3 times in your calendar and schedule it in. That is 2-3 times for each of you to receive.

Partner 1

Partner 2

**EXERCISE**

**Blocking love and passion and ecstasy**

We all block when we get scared. Most of the relationship is about dealing with fear or anxiety. If you cannot handle anxiety, you might not be a candidate for a healthy relationship.

Lean into the discomfort or you will either avoid (run away) or confront in an overly aggressive way (the other extreme).

Make friends with your fear. Take it out to lunch and get to know each other. What fear is doing is telling you what is valuable and important to you. Your ego jumps in and says you could lose the person and you could not withstand that pain.

So, you block love to keep yourself safe and then you realize if you continue blocking, you will lose the person. If you stay open, your vulnerability will reward you with a better relationship. Do the work to stay open and the rewards are worthwhile.

Why else might you be blocking? Go deep on this one.

Partner 1

Partner 2

**Reciprocating**

People are being called “narcissistic” quite a bit these days. Why?

They are doing selfish things and not reciprocating when someone does something fantastic for them. Just give...

When someone does something wonderful for you, it is good to receive. Accept their benevolence and recognize that it is not a transaction. From an energy standpoint, if you are always receiving and never giving… or always giving and never receiving… then you would need to have some conversation.

Ask what they would like and then give them one of those from your heart. Do it in a way that recognizes their love language. Talk about how it felt to get it.

Partner 1

Partner 2

**SACRED**

**mindset, practices, porn, affair, focus, honor**

As partners, do you share a similar mindset on these topics? Are you avoiding an awkward conversation?

Partner 1

Partner 2

What is your relationship to sacred sexuality?

What role does porn play in your sex life, within the context of sacred sexuality?

Partner 1

Partner 2

Other topic that couples avoid: What have you done to heal from an affair in your past?

Partner 1

Partner 2

How are you keeping your focus on the present when you are being sexual?

Partner 1

Partner 2

What do you, as a couple, need to stay on track?

EXERCISE

Deepen your understanding of what sacred sexuality does for you and your role in your relationship.

Ask yourself if you are settling or asking too much.

Partner 1

Partner 2

Are we (as a couple) doing what we said we would do?

What is getting in our way?

Partner 1

Partner 2

Watch Magic 6 hours a week- Gottman video on YouTube

Partner 1

Partner 2

After the retreat, want a free resource to keep the momentum? Watch the Magic 6 hours YouTube- you can watch it anytime you would like. Save it to watch more than once. Put a reminder in your phone to check it out for later.

This video really breaks it down beautifully.

**Sacred Sexuality and Tantra**

These can be confusing concepts for many people. It is counter cultural. It goes against the programming of our society. You must resist the programming, and sometimes it feels like we were brainwashed.

Resist the brainwashing and think for yourself.

If you are looking at this Retreat just for sex or physical connection, you may have missed the point.

It rejuvenates the relationship and balances you and creates deep appreciation in your partner. Profoundly meaningful sex is determined more by personal maturation than physiological reflex. If you can do the coping, managing emotions and still being open, you will be more apt to have profound sexual experiences.

Why? If sexual intimacy means “disclosing yourself through sex,” then people who can let themselves be known have more potential for profound sexual experiences,” wrote David Schnarch.

How did that land for you?

Partner 1

Partner 2

Let’s keep it simple and call it sacred sexuality or sacred sex. It is about honoring ourselves and the other. It is about seeing beyond the body, the physical realm, to the spirituality of it all. There are very traditional tantric practices handed down in secret from Tibetan Master to student. I will not teach those.

There are ways to prepare yourself for a more loving approach to sexuality, to transcend the body. This workbook (and retreat) has been intended to help you prepare your mind and body for a healthy approach to sex that honors you and your partner. Let us start by eliminating the blocks to healthy sexuality. There is no rush, no goal, the process itself is extremely helpful. Stay as long as you need. If you then want to approach a tantric master to polish the skills and approach, you will be better prepared.

**EXERCISE**

**Responsible Healthy Adults**
Do you take responsibility for your life, or do you play the victim sometimes?
Partner 1

Partner 2

As an adult, if you want something- ask. Tell your partner why you want it (give context for your request). If you still don’t get it, you can ask again. If it is dealbreaker, or if the culmination leads to a dealbreaker, break the deal, but warn them first.

Say this to your partner, “I am committing to you that I will not expect you to read my mind. If I want something, I will ask for it.”

Partner 1

Partner 2

Do not put up with less than you deserve (after you have talked about it and made your point) and don’t disrespect yourself. No power plays or ultimatums. No unilateral decisions or taking issues in the relationship off the table.

Think about this: “I am not responsible for getting you in the mood. I can contribute or influence, but it really is your job.”

Step up and assume your responsibility- both of you.

If you want your relationship to work, you also must do some of the work. If you are never in the mood, talk about it. Ask for help from a professional. Get yourself in the mood. If every Wednesday evening is date night and you usually are sexual, take responsibility for putting yourself in the proper mood. No blaming other people for what your responsibility is.

Can you say to yourself, “I accept responsibility”?

Partner 1

Partner 2

Take responsibility for your sexuality, as other healthy responsible adults do. Don’t just show up and expect to be entertained. “I let him have sex with me,” is insulting. “Sex is his job,” is not showing up as an adult.

Show interest and enthusiasm and if you find that you cannot do that, talk openly and honestly about it with your partner and your therapist. Be direct.

Can you do this?

Partner 1

Partner 2

If you never have arousal or desire, there are likely emotional issues that block you.

How are you blocking your desire or arousal? Could there be physical issues?

Partner 1

Partner 2

In Rochester, we have the Sexual Wellness Center, which can help.

Don’t blame the other person, please, that is playing the victim.

How are you doing it? How are you building desire and arousal internally?

Partner 1

Partner 2

EXERCISE

It is your job, as is your orgasm. Help your partner figure it out, as a team.

Talk about it, don’t assume they know and are withholding it from you. Don’t assume they can read your mind. Ask yourself how well your partner has read your mind in the last few months. What is their track record?

Some people fake an orgasm, which is pure silliness. That is training them to do things that don’t work for you. If your partner believes you like something, chances are good they will do it again. If you’re faking, you are going to get a lot of things that you did when you were faking and do not lead to orgasm. Talk about faking an orgasm and work on it in partnership. What do you need from one another to not fake it?

Partner 1

Partner 2

Orgasm is not the point, building energy is. Relaxing and connecting with your partner…

However, if you never have an orgasm, that is something to talk about with a specialist. Don’t deprive yourself, please.

​Have you ever tried Kegels? Single best exercise for most people.

<https://archive.org/details/kegels-plus-premature-ejaculation-tantra-2020>

Partner 1

Partner 2

EXERCISE

**Satisfaction, Contentment, Gratitude, Equanimity**

If you feel like a separate and finite individual, you are unlikely to feel equanimity, contentment and happiness. You are connected, we are all one, you are a drop in the ocean, not separate from the ocean. Connection is your birthright. You are already connected, sometimes you just don’t feel connected.

Remember, your feelings are not facts. Just because you feel it, does not make it true. Look for the evidence to support it.

We want connection and when we are unaware of the connection already there, we don't like how it feels.

Get to know yourself, deeply (know you and you know the universe- remember you are of the same essence) and you unite with the universe- you are already one with all, you don’t become one with all just because you just realized you already are. There is nothing to be done, just be aware of it.

How well do you know yourself? Would your partner agree?

Partner 1

Partner 2

Nothing is achieved or reached, you just become aware of it.

Selfless love of others helps you wake up to that reality.

EXERCISE: Do something today that is kind and don’t get caught doing it. Do it without reward. Pay it forward.
Partner 1

Partner 2

Sexual intercourse, done mindfully, with awareness of the divinity in the self and the other, helps with spiritual attainment, heightens ecstatic feelings and helps people wake up to their true nature.

It can be an overwhelming process, so there are breathing exercises, physical exercises and purification to prepare people.

Are you interested in having this experience with your partner?

Partner 1

Partner 2

Ask yourself if you are ready for sacred sexuality.

Are you comfortable talking about deeper topics or are you superficial (no value judgment, just be honest)?

Partner 1

Partner 2

# Conclusion

There are multiple exercises awaiting you, if you want them. Sometimes it is wise to take a brief break- a couple weeks, then prompt yourself to resume.

How did we do on our own?

Do a couples checkup- how are our fundamentals of talking and listening?

Are we doing the basics well?

Do we make time for the relationship or are we avoiding?

What is one thing we could do differently to improve the relationship?

If you have not already watched “The Magic 6 Hours a Week” (YouTube) please do so. It is instructive.

Get your systems in place, re evaluate your systems and change them to ensure they serve you well.

You have probably noticed that simply following this ritual is helpful. You are investing a short time on a regular basis to keep your relationship on a growth path.

Here’s to continued growth and love and if you need more exercises, come back and get them.

Until then, all the best,

Don