

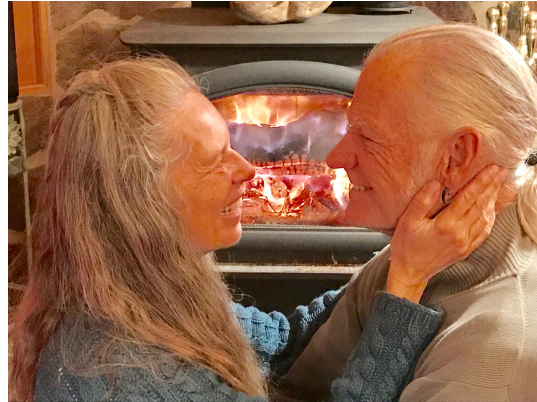
Communing

Intimate Connection
for Couples

Preparation Guide



Congratulations! You have chosen to embark upon a magical journey into connection with your beloved.



Here is how you can prepare for the guided interactions in the recording. With all these suggestions, both in these setup instructions and in the recording, have fun! Trust your own impulses and feel free to follow your inner wisdom if something else feels right.

Preparation

Prepare the space you will be in. Make it beautiful and sensual. Clear clutter that might distract you. Have it be private and a comfortable temperature.. Create an altar if you like.



Prepare yourself by bathing and dressing in clothing that is sensual and fun to wear. Enjoy the process of preparing your body to give as a gift to your partner. Sexy clothing is like gift wrapping! And unwrapping the gift prolongs the enjoyment of it.

If you like, you can begin the recording now, or for even deeper connection, try the following suggestions.

Set the Space

When you first come together, do a brief energetic clearing. Smudge with sage, brush the aura with a feather or your hands, or imagine that flames are burning away all that belongs elsewhere.



Sit together and imagine that you are surrounding yourselves with a bubble of light. All the other connections and responsibilities that make up your lives can attach to the bubble like lines of light, but inside the bubble is a field of clear energy that allows you to be with each other.

Sharing



Take some time for a check-in. Let one person at a time speak without interruption. Tell your partner what is up for you physically, mentally, emotionally and spiritually. If you want input from your partner, you can ask for it. If your partner does not want input, just say "Thank you." when they are done.

Tell each other three things that you appreciate about the other. Take turns back and forth. Be authentic.

More Sharing

State your intention for this time together. Examples of intentions are: “I want to renew our connection through our bodies and hearts.” or “I want our physical connection to open us to spiritual expansion.” or “I want to have a lot of fun with you today.” The more clear you are about your intention, the more likely it is to happen. At the same time, it’s important to not rigidly hold onto an intention, but to just put it out there and then let it go and trust that the magic will happen.

Attitude

Try to drop expectations and agendas about specific acts. Delight in the moment and what it brings. Even if you have been together for a long time, try to bring a beginner’s mind to your touch and your connection. It can be new and exciting if you are able to get into the moment and touch as if you have never touched before.

Now you are ready to begin the recording.

Have fun!

