

# SACRED *Sexuality* TOOL

## 1 *Set your intention together*

to have this be a healing, sacred and intimate experience above all else.

## 2 *Make a sacred space*

Play music that you find sacred. Light candles. Put anything else in the room that makes it feel sacred and safe to you and your partner.

## 3 *Welcome the divine energies*

Sit across from each other in the bed or on the floor. Perform a ritual (say a prayer or do a brief meditation) that invites the Universe/God/Source into your sexual experience.

## 4 *Receive a blessing*

from the Universe/God/Source for you and your sexual connection. If you feel any shame at this point, ask for it to be released and allow yourself to feel the blessing.

## 5 *Connect to your partner*

Stare into each other's eyes. Hold that gaze for a full minute while you focus on feeling your connection to each other and the Universe/God/Source.

## 6 *See the divine in your partner*

Allow yourself to see your partner as part of the love and wisdom of the Universe, to see their divinity.

## 7 *Send love to your partner*

While you are staring into each other's eyes, send love and safety to your partner from the Universe.

## 8 *Ask about having sex.*

Since safety and relaxation are fundamental, be sure that you both feel guided to continue into a sexual experience together.

## 9 *Stay connected during sex.*

If you do feel guided to have intercourse, stay connected, stopping to cuddle whenever that connection breaks. You may complete the experience of intercourse or you may feel complete without that.

## 10 *Enjoy the Experience*

and notice your relaxation. After you have practiced this exercise several times, you will notice that your attitude toward sex is becoming more relaxed.

You will notice that the compulsion to orgasm and not stop until you do is diminishing and that the feeling of safety and relaxation is growing.



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