



www.BethandPreston.com
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Intentional Sexuality

Why are we here?

- 1) Sex is fun
- 2) Sex feels good
- 3) Sexual energy is all about creative potential
 - a. The driving energy of life
 - b. The ultimate creative energy
 - c. The energy to make new life
 - d. The energy to create
- 4) What you create is totally up to you

Before foreplay

- 1) Connection
 - a. Way before sex - how we connect in our daily interaction
 - b. Absolutely necessary for many women and some men
 - c. Makes the experience deeper
- 2) Intention - sex as a decision rather than just an impulse
 - a. Busy lives
 - b. Changing bodies
 - c. Other distractions
- 3) Are you ready?
 - a. What gets you in the mood?
 - b. What gets your partner in the mood?
 - i. Needs analysis
 - ii. Love languages
 - iii. Maps and other tools
 - iv. Additional information on mapping available in Mapping Your Partner
- 4) Who initiates?
- 5) Seduction or negotiation?

The dance begins

- 1) Intention
 - a. Intention is everything
 - b. Intention makes the experience
 - c. Intention is the key that unlocks the door of creativity
- 2) Connection
 - a. Conscious connection
 - i. With yourself
 - ii. With the universe
 - iii. With your partner
 - b. ** Connection exercise
 - i. Presence
 - ii. Mirror neurons
 - iii. Oxytocin
- 3) Breath
 - a. Energy moves on the breath
 - b. Use breath to send energy where you want it
 - c. Breathing into the heart to synch brain and heart waves
 - d. Synchronized breathing
 - e. Play with breath and breath sounds
 - i. Panting
 - ii. Purring
 - iii. Sighs or moans
 - f. ** Breath play exercise
 - i. Individual
 1. Heart breathing
 2. How breath play makes you feel
 - ii. Partnered
 1. Heart breathing together
 2. Synchronized breathing
 3. Breath play
 - iii. NOTE: breath play refers to playing with different types of breath, breathing patterns, directed breath and breath sounds, not to breath play as restricting access to breath

4) Touch

- a. How we touch
 - i. Heart of palm
 - ii. Finger tips
 - iii. Back of hand
- b. Eyes and touch
 - i. Touch with full eye contact
 - ii. Touch with eyes on the touch point
 - iii. Touch with eyes closed
- c. Where we touch
 - i. Face
 - ii. Lips
 - iii. Neck
 - iv. Erogenous zones
 - v. Explore
- d. Touching with other body parts
 - i. Arms
 - ii. Hair
 - iii. Tongue
 - iv. Breasts
 - v. Genitals

5) Moving together

- a. Movement influences how we feel
- b. Movement moves energy
- c. Some movements to explore
 - i. Slow and sensual
 - ii. Primitive
 - iii. Undulating
 - iv. Sexual



6) Other ideas/tools to play with

a. Fantasy

- i. Can transport you to places you've never been
- ii. Allows you to be someone else
- iii. Let's you leave your own past behind
- iv. Provides for experiences you could never really have or may not want to have in real life
- v. Could it be a window into past lives??

b. Clothing

- i. What looks sexy
- ii. What makes you feel sexy
- iii. What you know appeals to your lover

c. Sensation

i. Texture

1. Silk
2. Feathers
3. Fur
4. Skin
5. Hair

ii. Aroma

1. Must be aware of what people are sensitive to
2. The aroma of your lover and of different parts of your lover

iii. Taste

1. Foods - aphrodisiacs
2. The taste of your lover's skin and of different parts of your lover

d. Music

- i. Sets the mood
- ii. Match the intent, the fantasy, or the movement

Foreplay

- 1) Caressing over clothes
- 2) Undressing
- 3) Safe, seductive touch
 - a. For many women biggest complaint is going to the breast and crotch too quickly
 - b. Other erogenous zones
 - c. Safe pubic contact
- 4) Approaching home base
 - a. Playing around the edges
 - i. Tracing the triangle
 - ii. Inner thighs
 - b. On the mound
 - i. Vibration at the pubis
 - ii. Stroking/pulling hair or lifting the pubic mound
 - iii. Cupping tapping
 - c. Preparing to score
 - i. Caressing the labia
 - ii. External G-spot

Game On

- 1) The game is on when intention gives way to flow
- 2) Stay connected

It's not over 'til it's over

- 1) It doesn't end with the orgasm...or even many of them
- 2) End with connection

Bring it all together for a dance of intentional sexuality

We're adding new workshops and online resources.
Stay connected by leaving your email address at
www.BethandPreston.com