

*Ask*  
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Transformation through Pleasure



**Top 20**  
**Performance**  
**&**  
**Relationship**  
**Tips**





## Top 20 Performance and Relationship Tips

1. At least once, everybody should experience standing naked in front of the ocean. It is liberating!
2. Bring it on! Instead of holding back if you happen to be too large or too small for your partner, let go, play, then adjust your actions with the feedback from the experience.
3. If your sex life has dwindled over the years, take new workshops with or without your partner and feed the life force back into your libido.
4. Witness without judgment. Take turns practicing listening skills without using your voice or giving feedback with a nod or a smile. Notice how you feel when you do not have a say. Reframe your reaction with the permission to accept your partner's rant like water rolling off your back.
5. Go beyond your DINS status (double income, no sex). Sexual energy is creative energy whether it is for partners, projects or family interactions. Take a course or try something new to get back into regular sex to keep all cylinders firing in other areas of your life.
6. If you or your partners have a physical limitation, use furniture or pillows designed to support different sex positions.

7. If you or your partners have trouble keeping an erection, practice breathing and squeezing techniques to move the flow of sexual energy through the entire body as opposed to focusing on the genital area. You might also try sex toys and/or added partners to add variety to this situation.

8. Elderly sex is as important to maintaining quality of life as medications, surgeries and preventive practices are to keeping your body mobile. Just do it!

9. For those who have lost that loving feeling, try to reinvent your approach by looking within. Take a workshop or series of trainings to learn to attract the juicy candidates to you as opposed to being a predator seeking a mate.

10. Sex is a portal or doorway to transforming your life. Adding simple pleasure-focused practices such as eye-gazing, placing your hands over each other's hearts, or cupping one hand behind your partners neck while stroking their genitals are some easy techniques to generate a connection that feels new and different than grinding and pounding of the sex act itself.

11. Manage your own emotions to be at your peak in relationship matters. Expressing your anger or frustration by pounding pillows or screaming into your cupped hands before you get into deep conversations is a good way to reduce the spikes in emotion that lead to arguments or fighting.

12. Master self-love to be at your best in relationships. Validating your worthiness and loving your flaws along with your virtues is a healthy way to avoid losing your identity in a relationship.

13. Mastering self-arousal is key to getting what you want out of a sexual encounter. By transferring the responsibility to a partner that may or may not be able to translate your desires you are asking for a ho-hum sex life. Being at your juiciest peak, your responsiveness will expand your lovemaking to new dimensions.

14. Allow yourself to be wooed or seduced again when re-igniting sex after birth or trauma. Shedding the old ways and rebirthing a new paradigm in your sex life can be as liberating as falling in love again.

15. When you are confronted with the option to share partners, take a baby step by attending a swinger's event as observers. Then, take a class on open relationships and make decisions with an educated point of view. Recommended reading is "Opening Up" by Tristan Taormino.

16. Set aside talking dates with no distractions, kids, TV, Phones. Even if it is only 30-minutes per week, treat this time as sacred and discuss those things that aren't being said. Treat it like purification where you come out refreshed and unburdened.

17. When overcoming sexual trauma or shame around sexuality it is important to work with a professional to reconnect to your body as a pleasure center. Whether you seek a sex therapist or a Sacred Temple Arts Practitioner, research them and look at the testimonials. The last thing you need is to be re-traumatized by choosing unqualified counsel.

18. If your partner seems disinterested in you sexually, do not read into it. If a discussion does not clear the air then try to read or attend classes together that explore new and different ways of relating. If your partner refuses, explore your own options and boundaries and revisit the practicality of staying in that relationship.

19. Hormones affect both men and women and may be at the root of libido changes. It is important to do a blood panel with a practitioner who understands the variety of hormone treatment therapies that exist. Women may need testosterone, while men may never have known to check their own levels.

20. The fastest way to turn a partner on for a quickie is the element of surprise. It may be throwing your partner down and forcefully stating that you are going to take them. Or, throughout the workday send sexy texts, "You make me wet. When I get home I am going to..." leaving the climax blank to add anticipation, then shock them with something fun like wearing roller blades in your underwear, or creating a path of

rose petals and candlelight to the new and novel place where you will do the deed!

**Bonus Exercise:**

Delaying ejaculation can help extend your lovemaking to remain in sync with your partner. To achieve this, when you are nearing the desire to release, practice clenching your root muscles, your bum, your sex organ and then tightening every other muscle in your body. Inhale deeply through your nose and hold your breath in this clenched state. Take an extra sniff (inhale further) and release the clench on the exhale through the mouth, making sounds such as "Ahhhhhh". Repeat this at least 3x or until you can move past the desire to ejaculate.

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We hope you have enjoyed this Tip-Sheet and encourage you to check out Ask Laurie Handlers resources for additional help.

<http://SexandHappinessinaMinute.com>

<http://AskLaurieHandlers.com>

