

INTIMACY

SIX STEPS FOR RENEWING INTIMACY WITH YOUR LOVER

Intimacy is about letting your partner under your skin—physically and emotionally. It's an opening and a vulnerability which must be earned, not taken for granted, and once you have intimacy, it must be appreciated, cherished, and cultivated. In order to initiate intimacy, especially after a period of distance between you and your partner, it helps to follow these six steps for orienting you and learning what your partner needs.

Passion begins where your bodies unite and ends where your souls dance. When your spirits can join together at the same time as your bodies become one, then all of you will be making love. There will be nothing left between you that is not love. This is sacred communion. This is ecstasy."

— Barbara D'Angelis

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STEP ONE: SPECIFY WHAT, WHEN AND HOW

Most people have a perceptual bias in how they experience the world. Is your partner more receptive to visual, auditory, or kinesthetic or touch stimulus? Once you know this, you can be much more conscious and effective in how you communicate and give to your partner. If your partner is primarily and auditory person, keyed in to language, tonality, and rhythm, then they may not understand what you mean when you stare lovingly into their face. On the other hand, we all know people who do not get what you're telling them until you show them visually, or show them by getting them to do something themselves. If you can discover your partner's perceptual bias—whether they are most sensitive to the visual, the auditory, or the kinesthetic (bodily sensation)—you will discover the key to stimulating intimacy in them.

Do you know how your partner responds to communication best? Watch him or her respond to different cues during the course of the day.

Is your partner's primary modality visual, auditory or kinesthetic?

Does your partner respond best to your facial expression, your voice or your touch?

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Rank these three types in order of effectiveness in your partner:

Visual _____

Auditory _____

Kinesthetic _____

Are combinations effective for your partner? Do they need to be told something while being touched? Or do they need to see your face as well as hear you?

Which modality do you favor: visual, auditory or kinesthetic?

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Think of a time when your partner felt loved by you. Which modality were you communicating in? Which modality does he or she favor?

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STEP TWO: CLARIFY NEEDS

Although we all have the same 6 Human Needs, we value them in different proportion. Step two is to learn which your partner's top two needs are and what has to happen for them to experience those needs. Here again are the 6 Human Needs:

1. **CERTAINTY**
Certainty that we can be comfortable—to have pleasure and to avoid pain.
2. **UNCERTAINTY/VARIETY**
Variety and challenges which will exercise our emotional and physical range.
3. **SIGNIFICANCE**
Every person needs to feel special, important, needed, wanted.
4. **LOVE/CONNECTION**
Everyone needs connection with other human beings and everyone strives for and hopes for love.
5. **GROWTH**
When we stop growing, we die. We need to constantly develop emotionally, intellectually, and spiritually.
6. **CONTRIBUTION**
To go beyond your own needs and give to others. Everything in the universe contributes beyond itself or it is eliminated.

Which of these needs does your partner value most? Which need comes in second place?

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What has to happen for your partner to feel that his or her needs are being met?

Can you think of some other, more surprising ways for meeting those needs? Be creative—think of three or more ways to meet your partner's top two needs.

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STEP THREE: WHO GOES FIRST?

When neither spouse wants to be first in initiating love, then intimacy cannot flow free. However, most men and most women have a preference—even a fantasy—of how the affection should flow. What is your fantasy? What is your partner's fantasy? Who should initiate?

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Polarity is powered by the attraction of opposites. If both partners are hanging back and waiting, there can be no polarity, because they are imitating each other. How can you create more polarity with your partner?

What does your partner have to do to let you know he or she really desires you? Be precise: write down exact actions, looks or words.

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STEP FOUR: COMMIT

If you are weighing alternatives to your relationship you are not committed, meaning that your relationship is dying, not growing. Passion comes from an element of uncertainty and even discomfort. If you want to experience the fullness of passion, you need to step out of your comfort zones and take some risks. Which risks have you been avoiding in your relationship?

Ask Yourself:

Why are you grateful for your partner?

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When do you feel deeply connected to your partner?

How can you increase the frequency and intensity of those times when you feel deeply connected to your partner?

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How can you strengthen your commitment to your relationship?



Heart Meditation:

This meditation puts you in touch with your heartfelt inner strength. Whenever you feel overwhelmed with feelings and thoughts, this simple meditation can cut through complications and anxieties and remind you of what matters most to you.

Breathe into your heart and feel its power. Think of a moment in your life when you felt deeply connected and grateful for your partner, for his or her love. Breathe deeply and close your eyes. Keep other thoughts away. Feel your heart beating and breathe into your heart. Think of a time when you felt really connected and grateful for your partner. Think of a second time when you felt really grateful for having your partner. Think of another time when you felt grateful for your partner and when you felt loved by him/her. Breathe deeply into your heart and think of another time you felt connected, maybe a sexy moment. Ask yourself in this state: What do I need to do to reach in and feel and connect with my partner, to have him/her feel my inner strength and my inner love? Now open your eyes and do whatever is natural.

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STEP FIVE: EXPERIMENT

You need to experiment with many ways of giving. Watch to see which things your lover enjoys most, and give him or her more of that. Be creative. One of the beauties of the 6 Human Needs is that there are many ways of meeting them.

Remember what you wrote in Step One about how your partner communicates best. What are some new ways that you could show your partner that you love her/him?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Don't be discouraged if some of them don't work. This is a process of elimination! Keep note of how your partner responds and learn from it.

Are there some activities or special things from your early dating period that you can reintroduce into your relationship that will increase intimacy?

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STEP SIX: OPEN UP

Intimacy is a matter of the heart—don't expect to succeed unless you are willing to feel your connection with your partner. Relax, breathe into your heart and enjoy whatever happens. Have either you or your partner created barriers to intimacy? If so, what can you do to remove the barriers?

What can you do to open yourself to more intimacy?

How can you help your partner to become more open to intimacy and passion?

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PRACTICE POLARITY

One partner takes on the masculine position and the other the feminine. The masculine pays intense attention to the feminine as they both stand looking into each other's eyes. The feminine pays attention to her feelings to see if and when she/he is moved by the masculine presence. When the feminine feels the other's presence she will be moved and respond spontaneously. The feminine may test the strength and dedication of the masculine and the masculine must stay the course without recoiling or withdrawing. During this practice, cultivate the moments of success and learn what works for your partner. Focus on Love and on the yearning to understand and to feel what is going on inside your partner. Don't focus on your own needs. Remember that your partner is who he/she is and you cannot change your partner, you can only change yourself.

For Men Only: give your woman your presence. Get rooted in your life purpose and what you want to deliver to your woman.

For Women: open up to your man's efforts—don't fake, don't block them. Be aware and open.