

WEEK 7:  
GOURMET RELATIONSHIP

Did you enjoy exploring and expanding your sensuality and exploring your voice?

Did it bring anything up for you or did you notice it changing your arousal response? Make sure you leave your comments below so I can better support you if you do have concerns or celebrations!

Our sensuality is always with us, we get to choose if we turn up the volume or not.

In today's lesson, I would love to explore sensuality in action through the lens of Gourmet Relationship.

First of all, what is Gourmet Relationship?

Gourmet relationship is when two whole people offer each other their self-cultivated gifts without conditions or agendas.

All other relationships, for the sake of this argument, are considered to be in the Beggar's Bowl category.

When it comes to sex and intimacy, how we relate plays a crucial role in how we experience pleasure.

If one or both partners are looking to the other for their turn-on, inspiration, and satisfaction, this unavoidably lends to dissatisfaction and relational challenges.

The first thing to understand about great sex is that it is the result of what two people bring to the table.

If you are unable to give to yourself the same pleasure you desire from your partner, then you are coming to the equation as a beggar.

Years ago, I realized that no one could give me an orgasm.

Nor could anyone **not** give me one.

The truth is that I would choose within myself whether or not I would allow my full sensual & sexual self the freedom of expression.

The times when I felt off or unsure of myself, of course, were also the times where there was less pleasure.

The times when I felt deeply connected to myself and my pleasure from the get go, I was able to have an exquisite experience, whether or not my partner was skillful, connected, or doing the things we normally need our partner to do in order for us to have our orgasm.

Here's the secret: *Relationship and sex with another person isn't about what you can get or even about what you can give.*

*It is about what you can explore, discover, & celebrate in each other's presence.*

**Are you looking to be fulfilled sexually by your partner?**

**Do you wait for them to make a move or say the 'right thing' so that you can feel turned on?**

**Do you already know everything you need to know about your partner and feel bored?**

When we can let go of getting or giving and enter in the realm of BEING a sexual being with our partner, we open the doors to beautiful and even mystical sexual experiences.

Now, this is easier said than done because in no other arena of our human experience do we feel more vulnerable and reactive.

Yet this is only because we have not yet fully come into our power as sexual beings.

So be easy on yourself and be easy on your partner.

### **Why Workshopping Relationships Kills The Erotic:**

When there are intimacy problems in a relationship, we often look to what the experts are saying and then impose this 'external' ideal onto our relationship.

This leads us to 'workshopping' the relationship which is a detrimental mistake that can destroy any remaining erotic connection.

The truth is there is never anything wrong with the relationship since it is the sum of what two people bring (or don't bring).

The key is for both partners to take **100% responsibility** for what they are bringing to the relationship and to take the time we need to **explore** and **resolve our own issues** while giving our partner the space to do the same for themselves.

Then any insights and/or transformation we experience can be given as a gourmet offering to our partner.

If we want a gourmet relationship, we must grow up emotionally.

Growing up emotionally is not only being willing to be 100% responsible for our own journey, but also be diligent in stopping ourselves, no matter how tempting it is, from projecting our problems and feelings onto our partner.

In fact, the more we disown our own issues and project them onto our partner, the less we will feel attracted to them because we will not be able to see the beauty and mystery of who they are through our assumptions about who they are.

Esther Perel, sexual therapist and author of *Mating in Captivity*, clearly states that: *Therapists typically encourage patients to “really get to know” their partners. But I often tell my patients that “knowing isn’t everything.”* **Eroticism can draw its powerful pleasure from fascination with the hidden, the mysterious, the suggestive.**

**Do you push your partner to be more intimate and to reveal more of what they are going through?**

**Have you heard of 'this or that' technique that is suppose to create amazing intimacy and are constantly trying to force your relationship to conform to that ideal?**

**Are you afraid of the mystery that lives between you?**

Consider the following excerpts from 'What do women want? By Daniel Bergner:

*"Female desire is not governed by the relational factors that, we like to think, rule women's sexuality in contrast to men's."* Researcher Meana M

and continued in regards to Meana M's thoughts on relationship:

***"The attainment of this wish [for the erotic],"*** she argued, ***"required not closeness but a measure of distance."***

After coaching thousands of women in reclaiming their erotic as well as staying up-to-date with the latest studies on sexuality, it has become exceptionally clear that space or real distance from our partner is essential to keeping the relationship juicy.

This doesn't mean you or they have to leave for prolonged periods of time, but it does mean that you both spend time apart pursuing what makes you both feel alive and inspired.

**It is this very 'spaciousness' that fuels delicious desire.**

Consider the following simple analogy: *If you were only to breathe in and never breathe out, how long could you do that for and live?*

We MUST breathe out in order to breathe in again.

We MUST move apart into order to reconnect more and more profoundly.

We have been misguided to believe that intimacy is the sole ingredient to healthy, long-term relationship, but all the latest research points to how monogamy kills desire and how the fresh, new, and novel inspires it.

I'm not advocating for you to suddenly leave your partner or seek poly-relationships, but I am desiring for you to consider wisely the essential requirements of both mystery & physical distance.

Too much 'intimacy' in terms of *'tell me everything and I'll tell you everything'* or *'I'll guess and assume everything about you'* actually moves us further away from feeling excited, fascinated, and turned-on by our partner.

It is also possible, albeit painful to consider, that you have out-grown your partner. Perhaps you were never sexually compatible to begin with? Or perhaps you both settled into a habitual routine that has left you both feeling erotically dead and uninspired.

Simply being willing to admit to ourselves the truth of our current reality can wake up our aliveness.

Be willing to have the courage to look at what is real and to go for what you know you truly deserve.

This is a deep topic that requires much more than a mention, but we can leave this for the **Multi-Orgasmic Couple** online course.

For now, consider that cultivating spaciousness and mystery within ourselves and respecting it in our partner is the secret to long-term erotic aliveness in a relationship.

While doing our own work in order to deeply know and love ourselves allows us to bring a clear and beautiful offering to our partner and vice versa.

Through cultivating a rich life of exploring our own erotic edges even if simply in the realm of fantasy, will bring fresh aliveness to your relationship.

Consider this possibility: *we never really know anyone*. We can get to know their personality and their story, but is this really who they are?

Is your personality or story who you really are? Of course not.

As we mature emotionally, we begin to thrive in the mystery, simultaneously being more expressed and authentic than ever while being in a perpetual state of erotic innocence.

This dance between the known and unknown is as old as time itself.

Get to know your own mystery. Learn to love the mystery of life, of pleasure, of love itself.