

*Start Your Journey to an Incredible
Sexual Experience*



**MINDFUL
LOVE & SEX
MEDITATIONS**

RELEXA

Olga Storm, Sonja Burger

Your ability to immerse yourself in a deep, meditative, loving state while simultaneously concentrating on a range of sensory stimuli can intensify your experience of sexual pleasure.

Practicing love meditation develops your ability to immerse yourself in the moment and heightens your physical and emotional responsiveness to your partner. Learn to touch and communicate physically and energetically, while fully expressing your emotions, love and tenderness.

Practice our Mindful Love & Sex meditations at least once a week for two to three months. Do these meditations on your own and with a partner.

Make love meditation a habit and gradually enter a new, loving, meditative state. Amplify your ability to enjoy every moment, achieve a new level of sensitivity and give physical expression to your emotions in sexual relations with your loved one.

Our Mindful Love & Sex Meditations will develop your sensual abilities, heighten your experience of sexual pleasure and teach you new ways to express love and desire.





*The Relexa Guide to
Meditation and
Mindful Love*

Your sex life can be much more intimate, pleasurable and joyful when you treat it as a meditative experience.

Meditations from the Mindful Love & Sex Program reveal several tantric secrets that can help to make sex an adventure filled with awareness and sensitivity.

The first secret is to create an atmosphere of harmony and happiness.

Pay full attention to both yourself and your partner's feelings. Have a positive and energetic attitude, and a desire to create a truly fulfilling sexual experience for you and your partner.

The second secret is mindful breathing.

Meditation can teach you to synchronize your breathing with your partner's. Mindful breathing can take you into meditative state while remaining fully present. Focus on breathing lightly and freely, enjoying the inner silence.

Conscious synchronous breathing with your loved one can deepen your sexual relationship and develop mutual physical trust.

By synchronizing your breathing with your partner's, you tune into each others' bodies and emotions. Sharing a single rhythm creates lightness, confidence, a sense of harmony, physical acceptance and understanding.

The third secret is exchanging sexual energy.

Regular meditation can teach you how to tune into a single wave of emotion or sensation. As a couple, meditation can be a guide to share your emotions, passion and love with each other at a deep and powerful level.





The fourth secret is loving touch and sensitivity.

By practicing love meditation, you develop your ability to immerse yourself in the moment and it heightens your physical and emotional responsiveness to your partner.

Learn to touch and communicate physically and with passion, while expressing your emotions, love and tenderness to each other.

Practice the meditations on our Mindful Love & Sex Program at least once a week for two to three months.

Make love meditation a habit and gradually enter a new meditative state of love.

2



*Synchronous
Meditative Breathing*

Practice this meditation with a sexual partner. Breath is a bridge that connects souls in loving relationships. Learn how to perfectly synchronize your breathing with your partner's.

Sharing a single rhythm creates lightness, confidence, a sense of harmony and bodily understanding. Conscious synchronous breathing with your loved one can deepen your sexual relationship.

Practice this meditation with a sexual partner several times. It will increase your ability to sense your partner's state of mind and help the two of you to tune into a common energy and reach the same emotional wavelength. Make loving, joint breathing a habit.

Tune in to a positive and harmonious experience.

Take any comfortable pose for joint meditation that will allow you to sense the body of your partner while your eyes are closed.

For a few minutes, allow yourself to experience the close presence of each other without moving.

Close your eyes and immerse yourself in the present moment until you feel fully alert and alive.

Relax and breathe slowly.

Focus on every sensation you feel here and now.

Take a deep breath and exhale.

Notice all the feelings that arise when you inhale and exhale.

Breathe freely while watching your own breath mindfully.

Observe every movement and micro-movement of your body.

Feel your own breathing rhythm.

Warmly embrace your partner. Feel his or her rhythm.

Concentrate on each other's movements, inhalations and exhalations.

Accept the sensations coming from your partner with a calm inner smile.

Be open to a new meditative and loving experience.

Breathe synchronously with each other for several minutes, trying to match each other's breathing rhythm.

Find the most comfortable way to relax and breathe together in a common rhythm.

Focus your attention, and appreciate every sensation that arises during this moment.

Allow waves of breath to flow, one after the other.

Breathe together, synchronizing your rhythm.

Try to relax a little more with each new exhalation.

Notice how the tension seeps out of your body.

Hone your sensitivity and adjust it to feel the joint vibrations of love.

Inhale warmth, the strong energy of your own love, and as you exhale, send it to your partner.

Inhale the emotional warmth exuded from your partner's skin. In your mind's eye see this energy radiating from the entire surface of your partner's glowing skin.

Feel the common energy of your joint breaths.

Touch this energetic heat with every nerve, every cell.

Inhale and exhale synchronously.

Breathe with the energy of love.

Enjoy a sense of harmony by mindfully observing the feelings and emotions flowing between you. Enjoy this exchange of energy for a while.

Inhale when your partner takes a breath, and exhale together.

Feel the unity and harmony.

Silently thank your partner.

Ending the meditation, return to yourself, focus on your own bodily sensations and on your own breathing.

Come back to your own, unique breathing rhythm.

Breathe freely as you return to your normal state of consciousness.

Practice this meditation several times. With time you'll feel each other more acutely and reach the same emotional wavelength sooner.



3



*Connect to your
Sexual Energy*