

SLOW INTIMACY SECRETS

E- book



Julie Spark



TYPES OF INTIMACY

1. PHYSICAL INTIMACY

Is when we use touch to generate intimacy. For example when you're at a concert, and you brush your shoulder against someone else's shoulder. It creates intimacy because you touched.

2. EMOTIONAL INTIMACY

Is when you allow someone to see the parts of yourself that you're not proud of. We are all scared to show our true colors. Once we do, and that person stays, that's when you start building trust and vulnerability, which are both key for cultivating intimacy.

SLOW SECRET

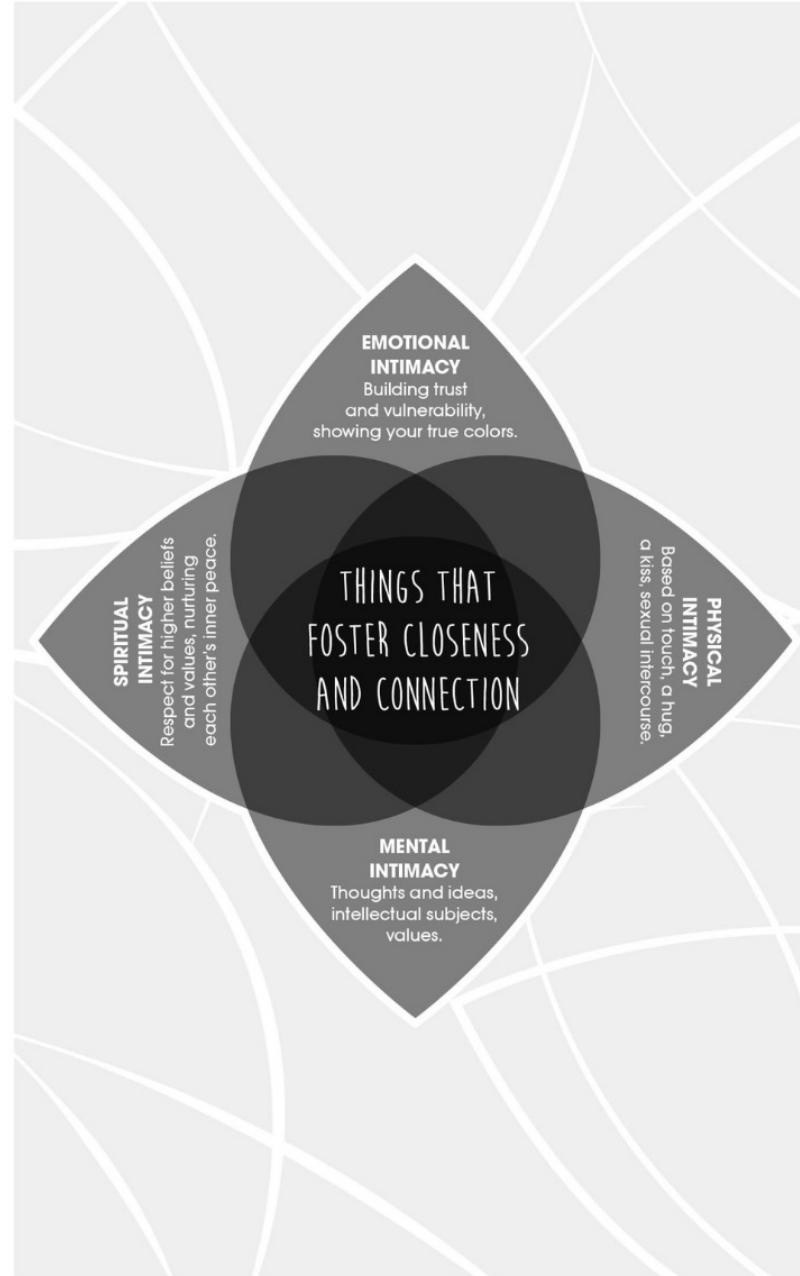
Physical and emotional intimacy come hand in hand. Sex without emotional intimacy is just sex. Sex is intimate only when we add an emotional component.

3. MENTAL INTIMACY

Is when we discuss thoughts and ideas, such as books we like, our political views, sports, theatre, movies, etc. We'll find intellectual subjects to discuss, aligning our values, pushing each other forward, and learning from each others' mistakes.

4. SPIRITUAL INTIMACY

Is when you share something personal about yourself. Mindfulness practices, journeys of inner growth, self-development, beliefs, sharing our higher beliefs and values.



THE HAPPY MEDIUM

Is when we combine all four forms of intimacy and meet each other in the middle, in full awareness and acceptance, free of judgment. That's when you'll take the relationship to the next level. Speak honestly about your feelings, communication is the key.

You can't have intimacy with another person if you are not willing to be present with yourself. Intimacy always starts with yourself. Receive fully what is coming up in you physically, emotionally, mentally, and spiritually. Connect with yourself, and with your partner, on multiple levels of the 4 types of intimacy, to build a stronger and more intimate relationship with yourself and with your partner.

SLOW INTIMACY SECRETS

Society today tends towards a focus on immediate gratification. Let's sum up most people's motivations when it comes to intimacy: you'd like to see your partner naked, touch their body, give them oral sex, penetrate them, but most importantly you want to orgasm, and hopefully, you'd like your partner to orgasm too. Having sex to achieve orgasm is what modern sex is all about. Observe the list of motivations I just gave you, and as you can see, every item is motivated by immediate pleasure.

True happiness lies in making your partner feel pleasure when you begin to connect your love for your partner with their sexuality. There are countless erogenous zones all over the body. If your partner is a woman, it's a crime if you haven't been able to make her reach orgasm, because only then can you see her true beauty. It looks like an explosion of light and pleasure.

Today sex has been reduced to its most primitive form; the act of reproduction, characterized first and foremost by speed. What do you think is the average amount of time spent from foreplay to orgasm today?

- It's 20 minutes.

It is physically impossible for a woman to experience real pleasure in less than 20 minutes, foreplay included. **Lack of time is the fundamental problem with sex in modern society today.**



The moment where the glass is so full of water, that it overflows, is an orgasm. Having an orgasm feels like an explosion of sexual energy, and the build-up of sexual energy, through stimulation and excitement is "pleasure".

The thing is, women have an unlimited capacity to feel pleasure. What is important here, is to understand that this potential has been given to all women equally. There is literally no limit--the amount of pleasure women can experience. Imagine the water that you can fit into a dam. Practicing "junk sex" is like storing sexual energy in a drinking glass when it has the capacity to rise up until it reaches the size of a dam. Feels a bit like a waste, doesn't it?

SLOW INTIMACY SECRETS

The secret is to shift your attention to pleasure, rather than orgasm...

I mean don't get me wrong, I'm not saying never orgasm. That would just be strange. I'm just saying instead of seeing it as your goal, just forget about it, and focus on the pleasure of the present moment. Then when you do reach your climax, it will feel like a bonus. A delicious explosive mind-blowing bonus.

I want you to realize there exists an entire galaxy of pleasure out there. The only way to reach that space is if you have sex with no thoughts for your own climax. Just forget the clock.

A psychologically relaxed mind will generate a state of mind that more efficiently converts stimulus into sexual pleasure.

Slow intimacy will raise an entirely new state of awareness. It will originate in the bedroom, but then as time passes, you'll observe the overflow of that energy into the rest of your life.



“Polynesian sex involves taking a long time, and allows energy in the form of weak electromagnetic waves- similar to the concept of qi- to flow, building up to create large waves than encompass the entire body and bring enormous pleasure and happiness.” Kunio Kitamura

The Polynesian's romantic connections support slow, intimate sex. These islanders feel extremely comfortable with communal nudity. Their relaxed form of sexual loving leads to deep, intimate, slow sex.

If you'd like to put more Aloha into your love life, first take care of yourself.

SENSUAL MASSAGE AT HOME

Through utilizing sexual energy in the body, a sensual massage is a physical act of touch, focusing on enlightening those interacting in it. It involves nudity and can include a massage of the vagina (yoni) or the penis (lingham), creating a full-body sensual experience. Simply lay back and experience the pleasure of the sensual massage as a receiver, and as a giver.

Remember we don't need a few individuals doing this perfectly, we need millions of individuals doing it imperfectly.

Our main goal is to increase sexual pleasure in the world. Sexual energy is the most powerful energy that exists. Mantak Chia, a Taoist master, says that sexual energy is the ultimate life force, and if you manage to harness it and put it back into your body, it is so powerful. The Chinese, in Tao, call it the quest for eternal health and infinite pleasure. Sexual energy is the fundamental energy of the body.

Mantak Chia says, "If I want more creative power, and want to work later and harder. I make love, and not ejaculate."

SHAKTI AND SHIVA

These practices date back over 1,000 years before Christ. Tantra is a sister practice of yoga and ayurveda. Sexual practices are just a small portion of what tantra offers.

In the yogic philosophy, there is Shiva, which represents the divine masculine energy; and there is Shakti, which stands for the divine feminine. In both, men and women are divine masculine and divine feminine aspects. It is said that the feminine lives on the left side, while the masculine resides on the right. When united; balance, joy, and presence are present within our being. Remember that we carry within us both Shiva and Shakti, some like to say the souls and the mind. I know I can relate to that. Yin/Yang; masculine, feminine drive in me.



SENSUAL MASSAGE AT HOME



Our feminine energy is subtle, emotional, and receptive; our masculine energy is outgoing, active, and strong. When unity is restored, and we find balance within ourselves, become intimate with our soul and one with the divine, only then can we become more intimate with a partner. Muscle relaxation is what we aim for, massage can include touching the sacred genital areas. We'll enhance sexual energy and imagination, and release cultural sexual blocks. The sensual massage means to awaken the sexual energy and distribute it throughout our nervous system, it purifies the energetic channels and harmonizes the chakras. It's a way to wake up sensuality and sensitivity throughout the five senses.

Through sexual joy, we reach a different state of consciousness. The purpose is never "pleasure for pleasure". The pleasure is just a bonus. Achieving orgasm is not the goal, nor should we refuse orgasm. If and when orgasm is reached, it is done in full connection with the inner-self. Stimulation of the yoni or lingham depends on the needs of the receiver. The fundamental aspect of a sensual massage is that we are creating a deep sense of relaxation, anchoring the body throughout the breathing, expanding the inner energy. Through the breath, we become present and absolutely aware of our body. Through the heart, we obtain a spiritual, loving, intimate connection between the giver and the receiver. The sensual massage is absolutely magical. Are you ready for an adventure of sensuality and eroticism--filled with kissing, caressing, touching, and rubbing each other's bodies?

Many people practice sensual massage for spiritual, emotional, and personal development.

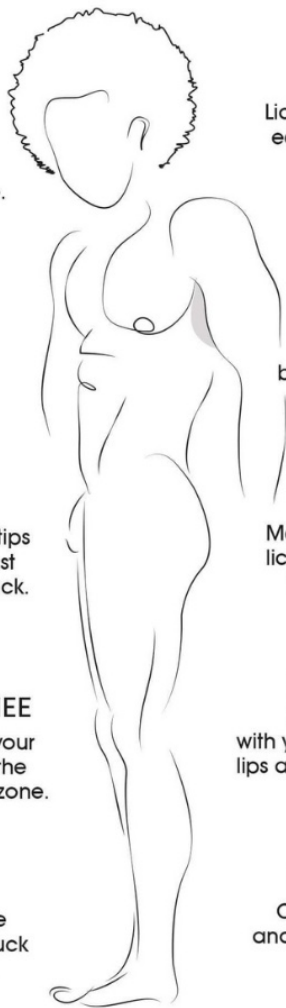
The idea is to take your partner on a journey of seduction, riding waves of pleasure. Through body to body massage, and stimulation of the yoni or lingham, at the end of the session the receiver could reach orgasm, but doesn't have to.

EROGENOUS ZONES

WHERE ARE THE EROGENOUS ZONES?

Did you know that the human body has areas with heightened sensitivity that can evoke a sexual response when stimulated? They are called erogenous zones. I like to think of them as the roadmaps to happy endings. Let the treasure hunt begin..

MALE HOTSPOTS



HAIR

Run fingertips across scalp.

MOUTH

Bite lower lip, trace lips with tongue.

NECK

Kiss back of neck, open mouth slightly and hum.

HANDS

Stroke, massage the tips of the fingers against each other; gently suck.

BACK OF KNEE

Kiss and run your fingers over the super sensitive zone.

FEET

Massage pressure points and gently suck if you feel like it.

EARS

Licking and nibbling ears, whisper "Huh" and moan at ear opening.

NIPPLES

Slightly dance around the nipples with your fingertips, breath, lips and tongue.

LOWER BACK

Massage, caress, kiss, lick, and gently stroke with an ice cube.

BELLY BUTTON

Sensual touches with your fingertips, breath, lips and tongue; food play.

INNER THIGH

Caress, massage and trace nails along.

WHAT ARE THE EROGENOUS ZONES?



HAIR

Caress scalp with fingertips.

MOUTH

Bite lower lip, trace lips with tongue.

EARS

Small bites on lobes.

PECTORAL MUSCLES

Figure 8, nipple to side of thorax.

LOWER BACK

Stimulate with an ice cube.

BUM

Gentle strokes with hands or fingers (slap and grab when already sexually aroused!).

INSIDE WRISTS

Gently kiss and lick.

FINGERTIPS

Maintain eye contact, tenderly suck on the tips.

NAPE OF NECK

Slide fingernails over the nape.

STOMACH

With a cold washcloth, tickle.

BACK OF KNEE

Massage with your tongue, and fingers.

SLOW SECRETS

Hi,

I'M JULIE.

An entrepreneur, author, consultant, island pin-up and an unshakable optimist. I am an advocate of the Slow movement. Let's **rethink your speed of life** together, in the bedroom and guide you into becoming the best version of yourself.

It almost feels as if we have to unlearn everything, so that we can become who we were meant to be first place.

If you liked this intro to slow intimacy, (s)explore yourself with more goodies on my website.

Join the Slow Secrets Tribe!

Books - Coaching - Podcast - Youtube Channel



GATHERINGS

There is no better way to transform than during an immersion, with like-minded people who are on the same mission as you. The connections you'll make and the networking opportunities you'll have will recharge your batteries immediately. Rediscover yourself while gathering the knowledge, tools and techniques to transform your perception of life.

Retreats - Festivals

SLOW SECRETS

GIVING BACK

LET'S CHANGE THE WORLD together, one island at a time.

Invest in your future self, and create a meaningful change for the people living on this magical island. Never underestimate the power of a good deed, for yourself, and others. With our programs, we are proud to combine both your wellness and the wellness of the islanders.

For every program purchased, Julie gives back to the island some of the magic it has given her.

Choose your favorite topic:

- education
- sustainable island living
- planting trees

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@jacqui.allen
@askjulie.spark
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Canva
@askjulie.spark

WATCH AND LISTEN

Watch

Body Positivity
with Tina



Communication and contact
with Julie

Slow Intimacy
with Lauren



Listen

Tina

Julie



Lauren

