

Use I-statements

This comes from the theory of non-violent communication, and it means that you don't use "you-statements," for example:

- You're making me feel bad.
- You're mean.
- You're [X].

Instead, switch to "I-statements":

- I feel terrible inside when you start to raise your voice at me.
- I feel really bad when you call me names.
- I feel upset when you make a promise and don't keep it.

Using this communication tool can be so powerful and can really change the communication dynamic and argument patterns in a relationship.

When a couple speaks this way, it brings clarity and responsibility to the situation and helps both to see where the other is coming from. It creates an opportunity for action steps and also makes space for compassion and understanding.

Use I-statements, cont.

Using this communication tool can be so powerful and can really change the communication dynamic and argument patterns in a relationship.

When a couple speaks this way, it brings clarity and responsibility to the situation and helps both to see where the other is coming from. It creates an opportunity for action steps and also makes space for compassion and understanding.

You can also do “we-statements,” which acknowledge the dynamic that is being created by the couple. That can be very helpful as well:

As a couple, we don't do a good job of arguing because we yell at each other.

Try it and see what happens when you shift from you-statements to I-statements, and then finally to we-statements.

Don't use always-/never-statements

It's tempting when you're upset or disappointed to use statements like:

You always [thing/behavior]!

You never [thing/behavior]!

Speaking like this to your partner is the quickest way to get them into a defensive state.

However, using "always" and "never" are such strong words that even if your partner does do the behavior 97% of the time, they will defend the 3% when they don't behave that way. Using this kind of language and accusation has an **adverse effect** on what is trying to be accomplished: pointing out behavior that is not desirable and creating a change or solution.

Problem-solving does not happen in a defensive state of mind.

Don't use always-/never-statements, *cont.*

So, as much as possible, try to stick to truthful accusations and use statements like:

You tend to do [thing] quite often, have you noticed this?

It [feeling] me when you do [thing] repeatedly.

Hey, you have [thing] again, just a friendly reminder!

Notice how different the suggestion above feels inside compared to “You always” and “You never.”

Get creative with this, and challenge yourself to increase your language diversity – it will give your relationship **positive results!**

Creating A Safe Relationship

Our definition of safety: Safety is when we feel that we are supported and met in an open and accepting way.

It's important to consider that safety can impact couples on all levels: you can feel physical safety, emotional safety, energetic safety, mental safety, and spiritual safety.

Safety also comes in two varieties:



Yang
Safety

Feeling that we are **safe** to express ourselves, our truth, our authenticity



Yin
Safety

Feeling that we are **received** and held in a safe way by others

Creating A Safe Relationship, cont.

While this is a major topic, we want to open you up to explore it as a couple and to consider where you are great at creating safety for one another and areas for growth and improvement.

Things that make us unsafe:

- Negative judgments
- Shame
- Guilt
- A sense of "wrongness"
- Projected wounding in response to our actions
- "Violent" communication - accusing, blaming, making assumptions, using blanket statements
- Threats to the relationship
- Being physically unsafe
- "Shoulds"
- Contempt
- Lying
- Hiding how we really feel

Things that make us safe:

- Acceptance
- Celebration
- Compassion
- A sense of "rightness" in how we feel and think and experience the world
- Self-responsibility from our partner
- Non-violent communication: using "I feel," "The story I am making up right now is," "When you do X, it impacts me by Y"
- Never threatening the relationship
- Creating physical safety for our partner
- Curiosity and openness
- Respect
- Honesty
- Transparency

Creating A Safe Relationship, cont.



Safety is when you can trust that the other person will support you and respect you in your experience. No one is 100% safe, it's just not possible!

But safety is something you build over time. **Safe people aren't perfect and safe relationships aren't perfect.** Instead: safe people are willing to take responsibility, self-reflect, and make changes to increase safety in the relationship. Safe relationships are made up of two people willing to explore safety and increase safety together.

Most partners long to feel deeply safe with each other. **This is a lifelong process!** If you feel totally safe with each other, then you have a fabulous foundation on which to grow. Start taking more risks and exploring more so you can find your safety edge!

You'll explore safety by asking each other the following three questions:



- 1 What do you love about me?**
- 2 What makes you feel safe in this relationship?**
- 3 How can we work together to create more safety?**

The Tantric Kiss, cont.

This means:

When two people come together and work with their energies to awaken their chakras through ritual sex, powerful spiritual awakening can happen!

Note, this text comes from a culture and practice that is heteronormative, but this practice can be done between **any gender** combinations and still be just as effective.

The idea of this practice is to tap into this potential and get **energetically polarized**, to sensitize your body, and to play sexually and sensually! So much fun!

Please don't put too much pressure on yourself to get this "right." If you've never done anything like this before, **just get curious** - there is no way to do it wrong and no specific way you're supposed to feel!

This is an excellent practice to erotically connect, or as an intro to making love!

Tantric Kiss

1 STEP

Decide who will be the solar partner and who will be the lunar partner:

The solar partner will work with golden light energy and the lunar partner will work with lunar silvery energy.

The solar partner will embody **fiery, present, expansive energy**.

The lunar partner will embody **watery, flowing, oceanic energy**.

This allows you to cultivate a polarized energy in your couple.

STEP 2

Begin with eye gazing. In silence, simply gaze into each other's eyes.

Visualize the divine in your partner.

- See the **elevated perfection** in them and see the solar partner as a divine solar king/queen or non-binary royalty.
- See the lunar partner as a **divine lunar king/queen** or **non-binary royalty**. Put your crown on and see the crown on your partner for this exercise.

Tantric Kiss

3 STEP

For this step, you can either:

- Keep your eyes open and gaze into each other's eyes,
- Or if you are totally new to this, you can also close them for this part to concentrate more.

You will each do this guided meditation practice to enhance your energy field:

- First, grow your roots deep, deep, deep into the Earth. Feel your roots grounding and **centering** you and pulling you into your body.
- Second, **breathe** into your heart and feel your heart grow and expand and open wide and deep.
- Lastly, feel **luminous golden** or **silvery energy**, depending on which one you are (solar or lunar), starting to fill up your body and your aura until it is pulsating through you and all around you both.

STEP 4

NOTE: For this part, you can kiss, cuddle or hug - whatever you both desire (and feel a "hell yes" to) and consent to. Check in with each other about what feels good for your boundaries.

Choose the position you desire:

- Sitting closely, opposite each other
- Lying together
- Sitting in YabYum

During this part, you will inhale and exhale through each chakra, feel the solar or lunar energy (depending on who you are) flowing through your body, then **kiss, hug** or **cuddle** between each chakra and feel the energy flow between you both.

Use a timer and stick to the time! Spend 1 minute swirling the energy and then 30 seconds kissing, hugging or cuddling.

Tantric Kiss

4 STEP

CONT.

Start by breathing into your sexual center and feel a pulsating aliveness here.

Then feel the golden or silvery energy (depending on who you are – solar or lunar) swirling through each chakra. After that, kiss, cuddle or hug and feel the energy flow between the both of you.

Keep alternating between **swirling the energy** through the chakra and kissing, hugging or cuddling.

Chakra system

Muladhara - the root chakra, located in the cervix in women and the perineum in men. Home of the primal, raw, earthy, nature. Instincts and purpose. The source of Kundalini.

Svadhisthana - the sacral chakra, located in the hip region between the tailbone and the front of the body, right above the clitoris or penis. Flowing, watery, and sensual.

Manipura - the solar plexus chakra, located in the solar plexus and the whole navel and abdominal area. Home of fire, will, power, and activation.

Anahata - the heart chakra, located in the spiritual heart and the center of the chest, all the way back to the spine. Home of joy, air, change, compassion, and love.

Vishuddha - the throat chakra, located at the pit of the throat to the back of the spine. Home of the moon, connection to karmic truth, genius, and high levels of wisdom.

Ajina - third eye chakra, located in the brow center. Here you start to move beyond duality, move beyond conditioning, move beyond right and wrong to a space of pure presence and freedom.

Sahasrara - the crown chakra, located at the crown of your head. Connects you to your deepest truth.

At the end, you can choose whether to move into lovemaking or finish this experience with kissing, hugging, or cuddling one last time.

Tantric Kiss



STEP

5

Rest, integrate, and share:

What did you

learn/experience/receive
from that?