

No desire for sex?

Learn how to better understand your sexual desire
and reignite it - for more energy, aliveness and
passion



Meli & Damian Prem



Causes for a lack of sexual desire

One of the most common reasons why couples come to us is the fact that their sexuality has died down. Either one of the two wants to have a lot of sex while the other doesn't feel like having it, which leads to frustration, conflicts or cheating. Or both have lost interest in it, but realize that the connection in the partnership suffers as a result.

Of course, a lack of libido can be triggered by a hormonal imbalance (due to menopause, hormonal contraception, anti-depressants, illness, heavy alcohol consumption, etc.) and can be treated accordingly.

For most people, however, the causes are more psychological. Whether pleasure arises or not depends largely on one's own thinking. And most of the time it is our head that stands most in the way of fulfilling lovemaking.

When sexuality loses its appeal, many couples try to reignite the desire by buying new sex toys or sexy underwear.

Most of the time, however, the problem is not due to too few stimuli that trigger desire (turn on's), but rather too many factors that inhibit it (turn off's).

In order to increase your own libido, it is worth taking a closer look at both factors. And please don't just do this to please your partner, but first and foremost for yourself. Because when you reconnect with your desire (for life), it not only means more pleasure in sex, but also more energy, aliveness and passion for all areas of life.



„Sexual desire arises in the head - or does the head stand in the way of sexual desire?



What is inhibiting your desire?

What are your personal "turn offs"? What inhibits your libido or ensures that it quickly fizzles out again?

First, make a list of all the things in your life that have kept you from feeling sexual desire. In the second step, you can prioritize the individual factors according to how strong they still affect you today.

My Turn off's

Examples:

Self-doubt (A)

Feeling of not being attractive enough (B)

Pressure of expectation (A)

Fear to orgasm too early or not at all (A)

Shame and limiting beliefs in relation to sex (B)

Fear/frustration because of negative sexual experiences in the past (A)

Stress at work (B)

Thoughts about unfinished chores (B)

Distance to my partner / argument (A)

Lack of empathy from my partner (B)

Untidy room, coldness (C)

Risk of being disturbed (B)

Fear of pregnancy / STIs (C)

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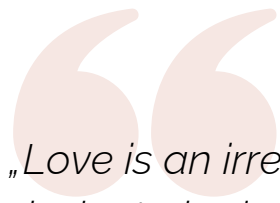
Intensity of the effect

(A = super strong, B = strong, C = weak)

My Turn off's

Intensity of the effect

(A = super strong, B = strong, C = weak)



„Love is an irresistible desire to be irresistibly desired“

ROBERT FROST



What turns you on?

What are your personal "turn ons"? What makes you want to have sex? First, make a list of all the things that have made you want to do something in your life. Above all, remember sexually intense experiences (whether in a relationship or with a stranger). In the second step, you can prioritize the individual factors according to how strong they still affect you today.

My Turn on's

Intensity of the effect

(A = super strong, B = strong, C = weak)

Example:

Feeling safe to be loved and accepted as I am (A)

Compliments, Admiration (C)

Feeling attractive (B)

Feeling good in my body (A)

Excitement to do something forbidden (A)

Sexual fantasies (B)

Relaxation on vacation (B)

Sexy Outfit / Underwear (B)

Beautiful body (C)

Sensual massage (A)

Romance, beautiful room with candles, scent, music (B)

Passionate kisses (A)

Dancing, striptease (B)

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My Turn on's

Intensiy of the effect

(A = super strong, B = strong, C = weak)

Concrete ideas for more sexual desire

How can you bring more turn on's into your love life?

How can you reduce the turn off's?

Curiously exploring your own desire

Take one hour time for conscious intimacy with your partner.

Choose a few aspects from your "turn on list" that you can implement today in order to ignite each other's libido.

Pay attention that they are things that help you to be conscious in the here and now and to be connected (so no fantasies, films, porn or alcohol etc.). Otherwise there are no limits to your creativity.

Enjoy turning each other on and giving each other pleasure without necessarily wanting to achieve any goal...

Let your partner know what the individual stimuli trigger in you.

Also communicate as soon as something arises (a stimulus, a thought, a word, a feeling...) that inhibits your desire. If that's the case, you can consider together if there's anything you or your partner can do to eliminate this factor.

Examples:

If you want to strip or dance for your partner but are totally insecure about it, it might help if your partner dances with you, compliments you, or you go super playful with it, i.e. both stripping exaggeratedly, moaning and laughing about it.

If you are tense because you're pressuring yourself to fulfill any expectations, it can be helpful to speak them out and to question them, to take out any goal orientation or deciding to have no penetrative sex this time or that both of you won't have an orgasm.

Of course, if you're both feeling turned on after a while, you can have sex, but that's not necessarily the goal of the exercise.

The main focus should be on playing and experimenting with turn on's and turn off's, feeling your own desire and connection to your partner and to create more awareness for what is getting in the way of pleasure...

Exchange with your partner afterwards:

- *How was the exercise for you?*
- *What new things did you discover about yourself or your partner?*
- *What would you like to do in the future to make you both want to have sex?*

Want more?

Would you like to learn more about how you can create a deep bond with one another through Tantra, rekindle your sexual desire and experience sexual fulfillment?

Then we warmly invite you to our...



Online Tantra Introduction Course for Couples (free)

On 3 evenings (xx / xx / xx) via Zoom you will find out...

- What Tantra actually is and how this teaching can fundamentally change your attitude towards sex
- How we managed to transform our shared sexuality from a topic of anguish to a source of energy, love and fulfillment
- Concrete techniques to strengthen the connection to each other, to really feel heard and seen and to enjoy closeness to the fullest
- Effective practices to switch off your head, consciously feel and enjoy your body and rekindle your libido
- Inspiration on how sex becomes a "love game" - full of lightness, joy and ecstasy - and how you too can experience full-body orgasms (without any pressure and tension ;-))

Information & Sign Up

www.reconnectprem.com/online-tantra-einfuehrungskurs-fuer-paare/

"Meli & Damian convince with a lot of heart and authenticity. I personally got to know a wonderful breathing technique that connected me with my whole being. Wow! Thanks very much!

We have been given a great many "tools" that we can implement in our daily lives. It's an asset ;-)."

MELANIE, 32