



Megan Lambert and James Mattingley: Sex and Intimacy - An Open Conversation



Megan and James are both coaches, speakers, teachers, and facilitators. Megan primarily focuses on helping women reclaim their desires and embrace their sexuality; while James helps people discover their genius and create a path to their unique purpose. Explore what prevents people from talking about sex and then discover ways to have an open conversation about sex to help keep the relationship fresh.

TOP EMBODIMENT TIP: Take a deep breath, open your mouth, and have the conversation.

How Comfortable Are You: Talking About Sex--Where Are You on the Spectrum?

- Don't like talking about it, it feels awkward.
- Sometimes I'll talk about it, but too much makes me feel awkward
- I can talk about it all the time and have no problem using all the words!

Common Struggles in Intimate Relationships: 10 Common Themes

- 1. You do the same thing over and over again, and you crave more excitement.
- 2. You feel like more is possible in your sex life.
- 3. Your partner wants sex more than you do so you do it more out of obligation, and you see it as a chore.
- 4. You want sex more often than your partner and you don't know how to turn your partner on to meet your needs.
- 5. Scared of initiating sex and getting rejected.
- 6. Your lives are just really busy and sex gets put to the back burner until it is simply forgotten about.
- 7. Struggling to get out of your own head, and recognize you should be feeling more pleasure in your body.
- 8. You pretend to enjoy sex more than you actually do.
- 9. You feel selfish asking for what you want sexually and are afraid of your partner's reaction.
- 10. Sex feels more casual and less special.

Three Stages of Talking About Sex:

- 1. **Appreciation.** What does your partner do that turns you on? What do you love most about your partner's body? What are three sexy moments from the past year?
- 2. **Sexy Snapshot.** How do you think your libido is right now? How do you feel about your libido? What kind of desire style do you most identify with?
- 3. **Sexy Future.** Where do you want to go in your sex life? What would you like to experience?

Resources

- ❖ **Website:** www.corisingcouples.com
- ❖ **Instagram:** [@megandlambert](https://www.instagram.com/megandlambert), [@james.mattingley](https://www.instagram.com/james.mattingley)
- ❖ **Facebook:** [Co-Rising Couples](https://www.facebook.com/Co-Rising-Couples)



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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love.

#LoveAndRage explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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