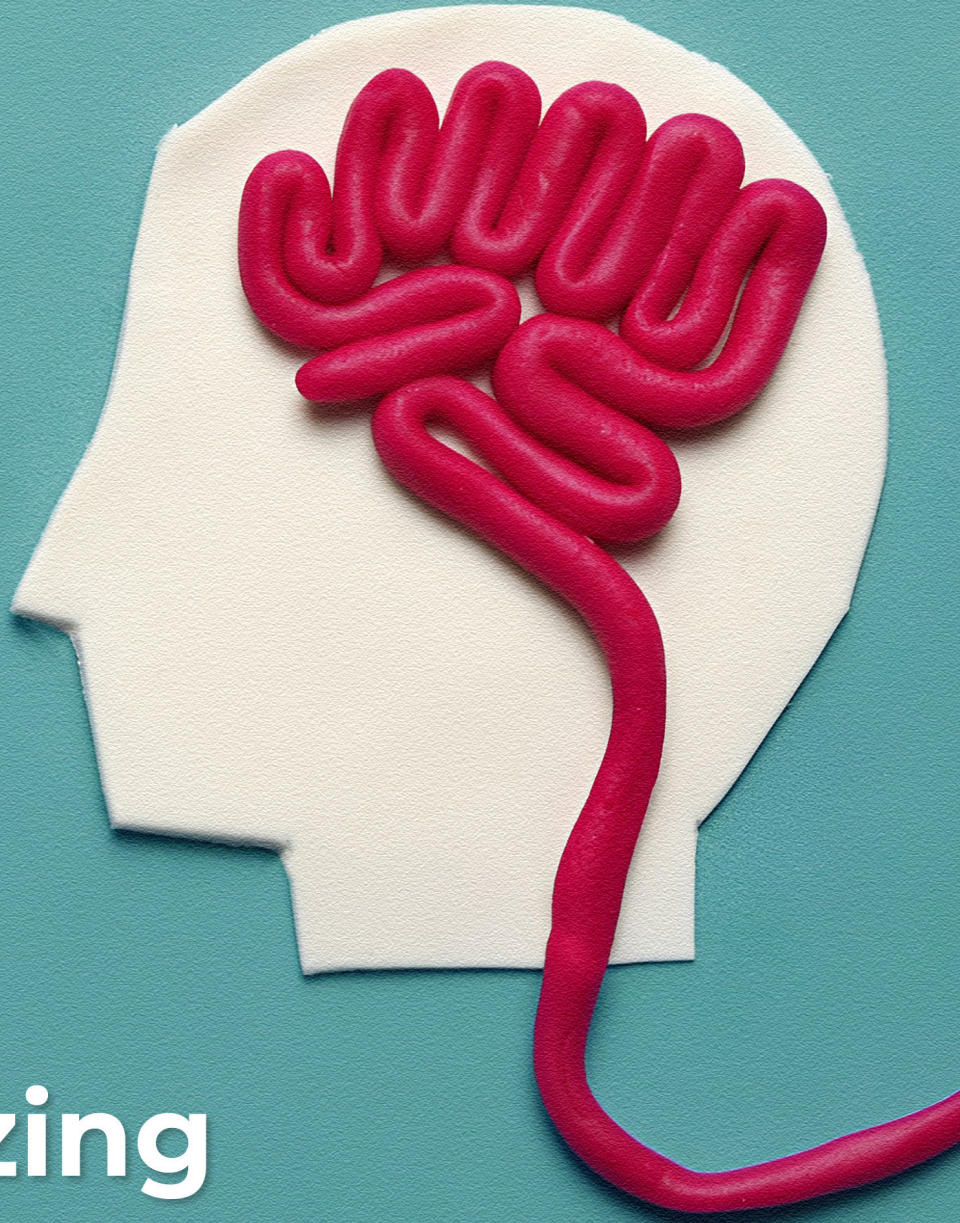
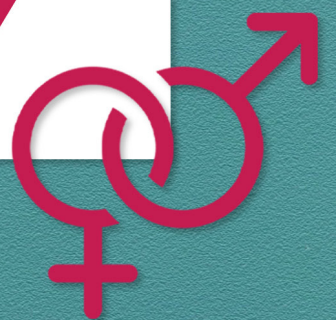


PUREHEALTH®  
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Optimizing  
Your Mind For  
More Passionate

**INTIMACY**



# Optimizing Your Mind for More Passionate Intimacy

by

PUREHEALTH®  
RESEARCH

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# INTRODUCTION

A healthy sex life increases beneficial chemicals in the body that strengthens the bond in relationships and your self-esteem. Enjoying the intimacy of frequent sex improves your quality of life and can even extend life by years.

Your mindset is your most important resource for optimizing intimate relationships. You can do everything else right, but if you're stressed out, distracted by all the digital devices, or just not quite at your optimal mental state, your intimate moments are not going to be all that they could (and should) be. In this eBook, we'll provide you with valuable insights to help you:

- Discover how to improve your mindset and mentality
- Decrease stress
- Reduce distractions (both internal and external)
- Enhance your intimate connections for a more passionate sex life



As the world continues to be busy and uncertain, people continue to struggle with intimacy and being able to make that mind-body connection. However, without those elements, your relationships will continue to come up short.

Are you ready to take back control of your mind and start improving your intimate connections and encounters? Let's dive in.

# CHAPTER 1 – CLEAR YOUR MIND

This is not nearly as simple as it sounds. If it were, you wouldn't be here reading this book right now, would you? Fortunately, it's also not impossible to learn how to clear your mind so that you can be more present and passionate with your intimate connections.

With a clean slate, you can then go on to the rest of the chapters in this book to learn how to reconnect with yourself and your partner. After all, you can't form new habits or develop a new mentality until you get rid of the old ones. So, forget everything you think you know about intimacy, forget all the anxieties and stresses that have brought you here and get ready to learn about how to reclaim your brain for more mindful, enjoyable intimate encounters.

## Practicing Mindfulness and Meditation

Meditation and mindfulness can do wonders for stress, anxiety, and intimacy-related performance issues. These practices are about learning to stop and breathe, to let your mind just "be" and to focus on being present in the situation at hand. You don't have to study formal meditation practices or buy a bunch of self-help books, either. Everything you need is within you and your mindfulness exercises can be as informal as you'd like, so long as they work for you.



## Put It “Away”

Compartmentalizing isn't all bad. In fact, there are times in life when it's necessary, and your intimate encounters are on that list. It's too easy to be distracted by life, work, the kids, money, and other stresses, even during intimate encounters. Practice taking all of these distractions and stressors and putting them “away” so that you can focus on the moment and maximize the experience.

You can imagine all your “mind clutter” sitting on a table, then evaporating, leaving a clear table, or placing everything in a cabinet and closing the doors. Breathe in quiet (cleansing) light through your nose while pushing the messy and muddy thoughts out as you exhale. These visualization and breathing techniques have physiological effects in calming your mind and body and, with practice, will help improve serenity.

As you get better at meditation and mindful thinking, it'll become easier and faster to ready your body and mind, so you can truly focus on your partner and the experience at hand.



## Get Better Sleep

Another common problem in today's busy world is that few people get enough sleep, and especially good sleep. If you have a serious sleep issue, you may want to consult your doctor. However, if you're just prone to staying up until all hours of the night and getting up early for work, or you sleep in broken fragments throughout the night, for example, you might want to find ways to work on improving your sleep habits.

When you sleep better, your mind and body are better able to function and focus on the important things (in this case, your intimate encounters). You'll also reduce issues with low libido and sexual dysfunction that can result from poor sleep habits or sleep quality.



When you take these steps, you're priming your mind for the change it needs so that you can experience (and deliver) more passionate, connected intimate encounters. But first, you have to make sure that you're connected with yourself because without that mind-body connection, none of the rest of your efforts will matter.

## CHAPTER 2 – CONNECT WITH YOURSELF FIRST

You cannot successfully establish intimate connections with others until you're fully connected with yourself—mind, body, and spirit. Experts agree that the mind-body connection is essential for a healthy, strong level of intimacy in all relationships and encounters. Without that connection, it's far too easy to distance yourself, feel disconnected, or let those distractions get the best of you.



# Manage Anxiety, Depression, and Your Mental Health

More people than ever are struggling with depression and anxiety. Both of these conditions can have a huge impact on your libido and your ability to perform. Before you can do anything to improve your mind, you need to take care of anything that requires professional intervention, either through therapy, medications, or other treatments and healing methods.



When you have depression, sexual dysfunction and a lack of desire are among the most common symptoms you will experience. Unfortunately, many antidepressants also restrict the body's sexual functions, so you'll have to be careful to find a balance here. When you're worried about your intimate performance and your mental health, make sure to discuss that with your doctor or therapist.

## Be Present with Your Body

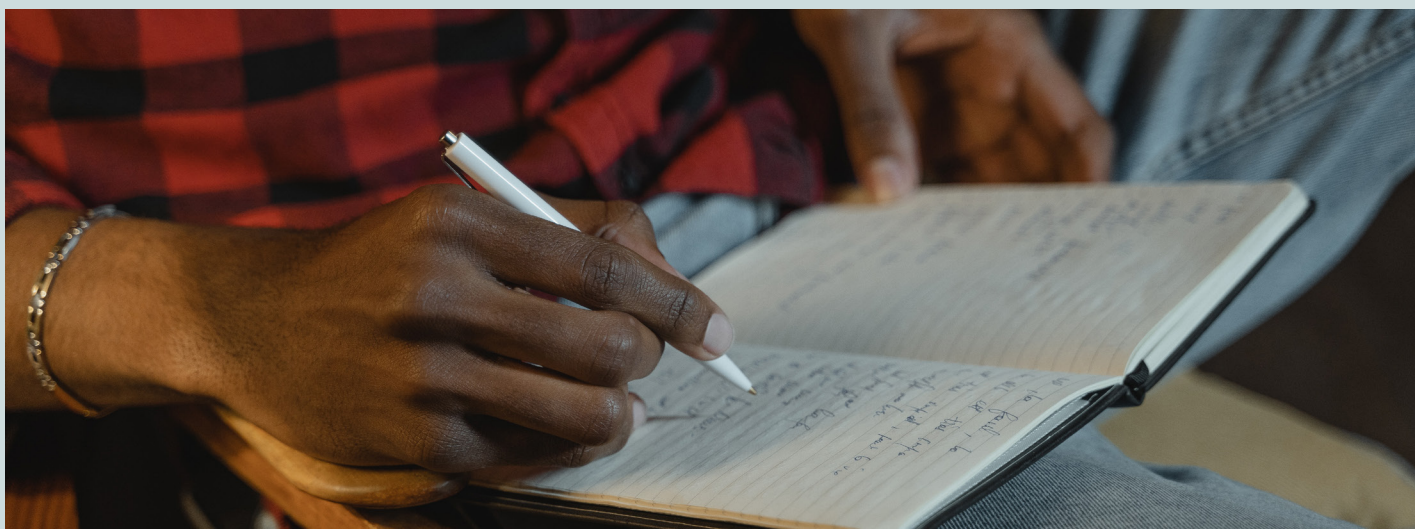
Many performance issues for people who struggle with intimate encounters are related to some form of body shame or detachment. You know your body. You know how it works, what feels good, and how you can use what you have to make your partner feel good. Unfortunately, it's all too easy to emotionally shut down during intimate encounters and start letting those fears of performance anxiety get the best of you.



When you're in the moment, or even if you're practicing optimizing your mind on your own, stop the endless train of thoughts and focus on your body. Focus on the feelings, both physical and emotional, and the ways that you respond to and engage with your partner.

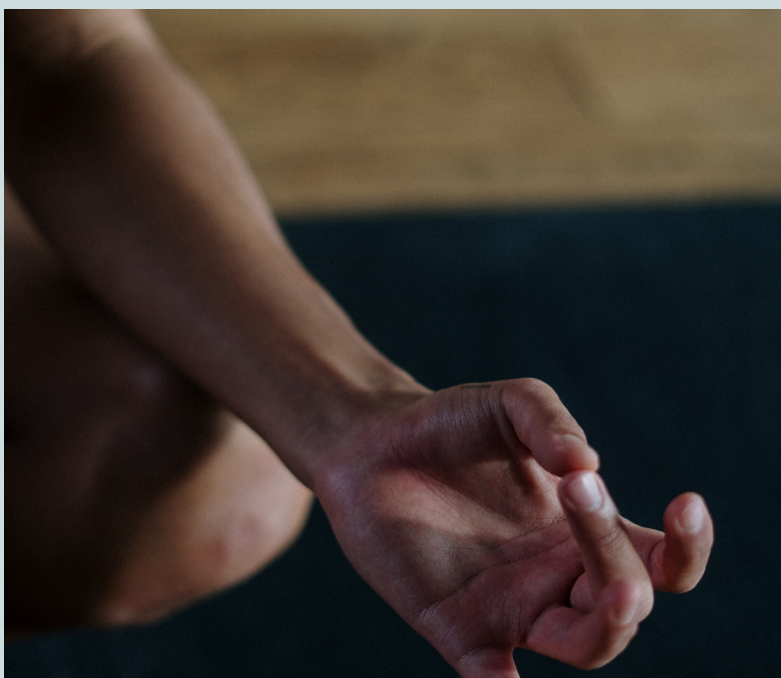
## Pay Attention to When Issues Come Up

Some mindset issues and mental blocks related to intimacy and sexual encounters don't come up until a certain event or time. For example, if you're always stressed with the quarterly earnings report publications at work, you probably won't perform well in the bedroom during those periods while you're awaiting their completion.



Perhaps you've noticed that you have issues with performance after eating certain foods or engaging in certain activities. Make a note of these things so that you're not filling your mind with the idea that it's always going to be a problem. It might just be a one-time situation, or the occurrence could point to something more long-term. In either case, you'll know better how to respond because you know the cause.

We are often our own worst enemies when it comes to our mindset. It's easy to get discouraged, let life's stresses take over, and feel like your intimate connections aren't nearly as passionate or fulfilling as they used to be. However, if you connect with yourself first, you'll be able to put those things out of your mind and focus on a more passionate, engaged intimate experience.



## CHAPTER 3 – TALK TO YOUR PARTNER

The best, most connected intimate relationships are those where couples can share their deepest secrets, concerns, and anything else they desire. If you are trying to be a better partner in the bedroom (or even just in a non-sexual intimate way), let your partner know. Ask them if they can help you. If it's not going to happen, tell them—don't force it.

Communication can do wonders for passion and connection in intimate relationships. When people feel like they can safely be vulnerable with someone, they're much more likely to lower their inhibitions, which can lead to increased passion, performance, and more.



## Ask for What You Want

Several performance issues and insecurities in intimacy are related to people feeling like they can't ask for what they want or need. If you know something works for you, tell your partner. If you know something is going to cause an issue, let them know, too, so that you don't ruin the experience halfway through.

Don't just settle for whatever your partner gives and leave it at that. Don't leave it up to them to read your mind or figure out what you want—tell them. Not only will this improve your connection, but it will ensure that you are getting the things you need for maximum intimacy and passion.



## Be Open to Communication During Sex



Another common weak spot in intimacy between couples is that they don't communicate in the moment, even beyond asking for what they want or need. Too often, people have this distorted idea that intimate encounters shouldn't include talking, or that it could "kill the mood."

Studies have shown that partners who openly communicate in the bedroom report better intimacy, stronger connections, and increased satisfaction in their relationships. This may take some practice, and that's okay. As long as you don't feel like you're in a situation where you can't communicate, there is room for improvement.

## If It's Not Working, Don't Force It

Sometimes, in an effort to please our partners, we'll want to keep trying to perform, despite every possible objection from our bodies, minds, or the environment around us. That desperate feeling of a need to prove yourself is easy to succumb to, but it's one that you need to understand is *just a feeling* and it isn't reality.

The reality is that if your partner is truly someone worth being with, they will understand whatever is hindering the performance and be perfectly accepting that the encounter isn't going to go as planned—there's always next time.

The absolute **worst thing** you can do when it comes to mindset-related performance issues is to try to force it. You'll both end up frustrated, probably for different reasons, and it could lead to an avoidance of intimacy in the future. This is where having an open line of communication with your partner is invaluable.



# CHAPTER 4 – MAKE INTIMACY INTENTIONAL

A big problem that many people have is that their lives are busy, leaving little time for romance, date nights, and passionate encounters like when they first met. Relationship experts and others will tell you that it's important to be intentional with things like sex and intimacy. Otherwise, you're going to be frustrated waiting for this "magic moment" that may never happen, and you're going to miss out on a lot of opportunities to connect.

## Schedule Date Nights

Life is busy. When you take the time to schedule dedicated times for dates or intimate encounters with your partner, you are giving your mind the time it needs to prepare for that event. It also allows you to eliminate all the obstacles and concerns that run through your mind about your encounters in advance. You can plan for contingencies and things that might come up, and you can ensure that you're both on the same page about what to expect.



## Find New Ways to Romance Each Other

If you've been in a relationship for a long time, it might be time to spice things up a bit and find new ways to surprise and enchant your partner. Make romance a priority and explore new ways that you can have intimate connections outside of the bedroom. Once you have mastered that, the connection inside the bedroom will be one of fiery passion that can't be squelched by any mental block.



Romance doesn't just happen. It takes thought and intention, and a willingness to invest time and energy in each other. It's worth the effort, though, because it can help you create a stronger bond with your partner and enjoy more connected sexual encounters.

## Go to Bed Together

Most couples wander off to bed on their own accord. Some work separate schedules or different hours, so they sleep at different times. However, according to experts, one of the best (and easiest) ways to improve intimacy in your relationship is to go to bed together. This gives you time to unwind together, relax after a long day, spend a little time cuddling, and perhaps let things happen from there.

Or, perhaps you'll just go to sleep. Either way, you'll do it feeling more connected to your partner, which will increase the passion and intimacy in several different ways.



You can also do a quick search online to find dozens of resources that expand on this chapter's topic of making intimacy intentional. However, it's all about putting in the work and not just expecting things to "happen" organically—that's rare, unreliable, and usually reserved for the movies.

## CHAPTER 5 – UNPACK ALL THE BAGGAGE

We've reached the part of the book that gets a little more serious, but this last chapter could be the most important in the entire book. After all, even if you do all the things listed above, and more, you will not be able to experience the fullest levels of intimacy until you deal with any bad relationships or traumas that you have experienced.

First and foremost, remind yourself that these things are nothing to be ashamed of. We all go through different experiences, have unhealthy relationships, and experience trauma at some point in our lives. Being vulnerable and taking responsibility for your healing can be difficult, but it's essential if you are going to have healthy relationships moving forward.



# Bad Relationship Experiences

A lot of people have had bad relationships and intimate experiences. Because of that, they may be less capable of communicating their needs or just unable to make the most of their intimate encounters moving forward. If you have been in unhealthy relationships in the past, address the issues that are holding you back and affecting your performance.

This could include things like:

- Expectations of intimacy
- Demands of performance
- Ridicule or shame for performance issues
- Etc.



Just because you had a bad partner (or partners) in the past doesn't mean they will all be that way. Learn to let these things go and treat each experience as a new one with its own things to learn.



## Addressing Trauma

This is another topic no one really wants to talk about, but it's the leading cause of things like:

- Sexual dysfunction
- Low libido
- Inability to perform
- Avoidance of intimacy
- Avoidance of sex

When people experience trauma related to intimacy or personal connections in their lives, it can impact their future encounters and relationships in several ways.

As mentioned in the earlier section on mental health, you need to address these issues with a professional and get the help that you need. That way, you can get back to enjoying your intimacy for all that it should be.

# Sex and Relationship Therapy

Those who are struggling to enjoy intimacy with their partner may want to consider therapy that can assist them. Because the nature of intimacy and libido are complex, individual or couples therapy could be a great way to address issues that may be holding your connections back.



It's not just couples' therapy, though—individual CBT (cognitive behavioral therapy) has been shown to help address negative mindsets, self-esteem issues, and mental health disorders like depression and anxiety. All this can lead to more connected, passionate intimacy on all levels.

## CONCLUSION

Intimacy is something that many people lack these days but aren't quite sure how to get back. If you've reached this point, you have the insight that you need to help you improve your intimate relationships by taking back control of your mind. We live in a busy, demanding world, and with so many things to think about on a daily basis, it's no wonder people are struggling to connect, even during intimate encounters.

Perhaps especially during intimate encounters—sometimes it seems so easy to stay mentally unplugged, just going through the motions because you can't quiet the distractions in your head, treating intimacy like something to be checked off your to-do list. However, that's not how it works.

Speaking of checklists, though, now is a great time to perform an “audit” of your mental state. This will allow you to see where you stand currently, what issues are preventing you from experiencing the fullest, most passionate intimacy, and how you can make improvements moving forward. In no time, you'll be stunning your partner with the same type of passionate intimacy that you had when you first met!



# RESOURCES

<https://www.insider.com/how-to-get-out-of-your-own-head-during-sex-2020-2>

<https://www.verywellmind.com/how-to-increase-your-sex-drive-5195497>

<https://www.medicalnewstoday.com/articles/323918#therapy>

<https://www.gottman.com/blog/how-to-enhance-intimacy-with-intentional-practices/>

<https://www.healthline.com/health/healthy-sex/mind-body-sex-connection-intimacy>

<https://psychcentral.com/health/tips-for-being-more-mindful-present-during-sex>

<https://www.rtor.org/2019/06/28/mental-health-and-intimacy/>

<https://info.gottmanconnect.com/blog/increase-intimacy-in-your-relationship-with-10-proven-techniques>

<https://www.wellandgood.com/mental-sex-tips/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4708348/>

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