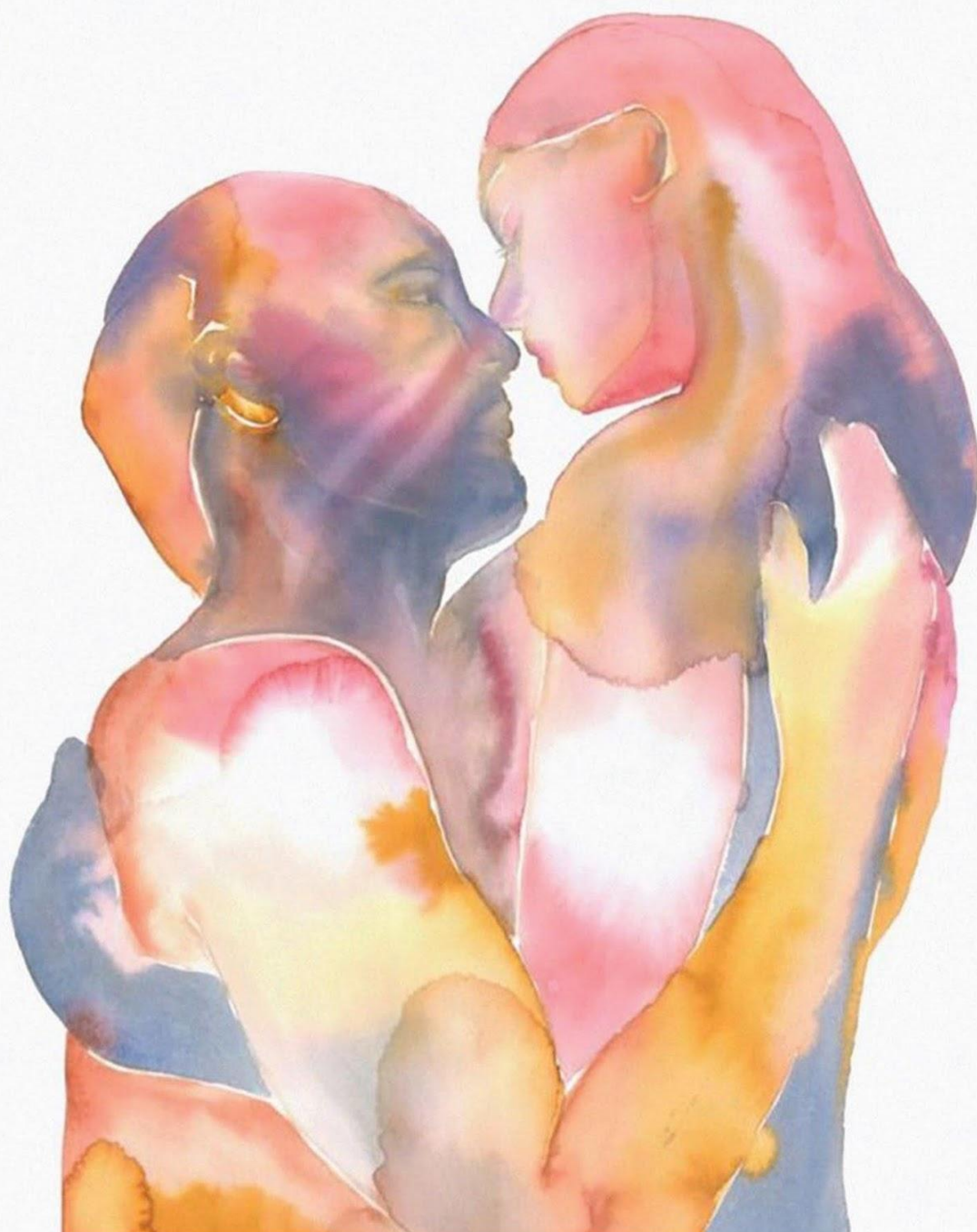


Sofia Sundari

# Sundari Love Practices

5 SIMPLE TOOLS TO DEEPEN INTIMACY

FOR  
HER & HIM



# Practices for couples

Your intimate relationship is a living organism. It will change and transform just as

each individual changes and transforms. Sometimes you will be riding the wave of joy and ease together and naturally feel like taking time to nourish your bubble and bathe in its sweetness. Other times you will feel completely uninspired to even touch each other and feel a total absence of sexual desire. It may make you feel guilty or ashamed, and you may wish that you could find a resource that would give you the energy for sexy times.

Sometimes you will find yourself separated from your partner and this will make you feel sad and lonely. At other times even when your partner isn't around you will feel content and at ease with all of life. Wherever you are at, know this: you are not alone.

In this ebook I am offering you 5 practices that you can do as a couple that will help you deepen in intimacy and nourish your preferred way to receive and express love.

I am also offering suggestions for the times when you are separated by physical distance and things you can do on your own to nourish yourself. In fact it is important to have multiple ways to nourish and pleasure yourself that don't include your partner – this is a key for a successful relationship.

5 love languages is a map created by Gary Chapman, author of a book of the same title, and they are:

- Physical touch
- Words of affirmation
- Quality time
- Gifts
- Acts of service

Let's dive in!

## Practice 1

# Quality time with your partner

For many people **Quality Time** is their preferred love language. When this is the case, your conscious and subconscious minds understand that you are loved. And when you offer this type of attention to your partner it is your way of saying “I love you” without words.

Quality time means a designated time during which you and your partner offer undivided attention to each other.

### PRACTICE: Date Night

Date night is a container for quality time with your partner. By the way, morning / afternoon work very well too, and might work even better for some!

Discuss your date in advance, decide on the day of the week, duration, block the time in your calendar, treat it as something really special (even if you’ve been together for 30 years!), be the magician, come up with a date plan together.

- **Suggested frequency:** once a week is good. Twice or three times a week is even better if you want to intensify your connection.
- **Duration:** at least 3 hours.
- **What to do:** Get creative! Think about all the things you’d like to do together: dance, take a bath, make a delicious dinner, read poetry to each other, offer each other massage, spend an hour each to arouse each other, take turns to offer each other anything the partner may ask for, apply any of the practices I will share here, experiment with something you’ve never done before, make love in a new way, do a practice from my online courses – **Limitless Love** or **Pleasure as Prayer** (synchronised guided self pleasure practice... highly recommended!)  
And switch off your phones!
- What if you are in different parts of the world? Date nights totally work via Zoom or Skype. You can do pretty much all these things from a distance, focusing on feeling each other’s presence. You can even have a shared playlist.

- **Single?** Dates with yourself are a must! Think of all the things you would love your Beloved to offer to you... and offer it to your most precious person – yourself. You can turn it into a delicious ceremony between your masculine and feminine.

## Practice 2

# Touch of love

The second most popular love language is probably Touch.

Most people don't realise how much they are starved of touch. Prolonged touch triggers the production of 2 very special hormones – oxytocin and dopamine.

The production of oxytocin makes you more relaxed, more generous, caring and trusting. And dopamine is the pleasure hormone.

### **PRACTICE: Conscious touch**

You will take turns so that each of you has 30 minutes to be touched in EXACTLY the way you want to be touched. When you get exactly what you asked for it releases stress like magic.

So be specific in your requests: "firm touch on my upper back... caress my lips gently... feather like touch on my breasts... sensual touch with lots of oil all over my body... touch me with your breasts (why not...) firm pressure on my hips and legs... dip your fingers in oil and stroke the outer lips of my yoni very slowly... I want you to cup my cock with both your hands and hold..."

**When giving:** approach this as a moving meditation and be curious about what your partner likes and how they respond.

**When receiving:** open, enjoy and feel free to express in a kind way what you like.

Set the timer for 30 minutes (you can go for as little as 5 minutes each if that's all you have, or as long as 1 hour or even more if that's what feels good). When the alarm goes off, give your partner a few moments to simply rest, but stay totally present with them.

Are you apart? It still works!

Recently my lover did something that blew me away. We were on a video call and he was describing in detail how he was touching and holding me, naming every part of my body.



I was looking into his eyes, he was hardly blinking, he was totally present with me, and I was very open, so I really felt held in his embrace and touched by his hands as if he was physically next to me.

Single? Self touch! And even if you're not single. It's important because when you touch yourself in a conscious way you give your body a signal "I've got me".

### Practice 3

## Words of love

Ah those sacred words that hit straight in the heart... that make you feel seen and appreciated for who you are.

It's hard to believe that some people are immune to hearing how much they are loved, how beautiful, sexy and magnetic they are...

If it's not very important for you, it might be for your partner, so give this practice a go.



@ulrikereinholdphotography

## **PRACTICE: Music to my ears 🎵**

- You will have 15 minutes each.
- During these 15 minutes you get to verbally worship your beloved.
- Express all the things you love and appreciate about him/her, mention things that you think are obvious, don't hesitate to repeat the same thing more than once. Your sincere expression is music to your partner's ears.
- Mention physical appearance, energetic, emotional and spiritual qualities. You may also share about his/her behaviours that really touched you.
- Once the alarm goes off, give your partner a few moments to integrate what they heard. It may be a very emotional experience for them.
- Then switch roles.

I cannot say enough about how beautiful this practice is and how quickly it can transform heavy energy in a couple into lightness and connection.

Single? Here's a must practice for you: write yourself a love letter, from your Masculine to your Feminine. Or from your Feminine to your Masculine.

And a bonus one: next time you see yourself in the mirror give yourself the best compliment (say it out loud!).

## **Practice 4** **Acts of service**

Ask your partner: "How may I serve you?"

From here they have infinite possibilities: they can ask for ANYTHING and set up their own container.

**There are a few simple rules:**

- Saying "give me whatever you want" is a no go.

- The receiving partner sets up the container: they say what they want, for how long, anything else they need.
- The giving partner can and should say “no” to things they don’t feel comfortable offering.
- If they say “no”, you don’t take it as an offence, instead you come up with something else.

**Example:**

“I want you to create a mind blowing sensual evening for me. I want to have 2 hours totally

dedicated to me. Start by setting up the space: prepare our bedroom, light the candles, put on soothing music, then wash my feet and give me a foot rub. Then I want you to watch me dance and strip and shower me with words of love as I do so. Then I want you to touch my body in the most erotic way possible and whisper words of love along the way. Then when I invite you I want you to make love to me very slowly so I can feel you entering my soul...”

🔥 Hot?

Create your own.

It may be something totally mundane, like asking to look after your kid for two hours so you can just relax in the sun. Any act works as long as it makes you feel loved.

## Practice 5

# Gifts of Love

This may not be the most popular love language, but gifts don't have to be about their material value. They don't even have to be elaborate.

What is most special about gifts is that it is something that you put your care into, so when your partner receives it, they feel that you were thinking of them.

- Try to remember when your partner sees or talks about something and their eyes light up - if you offer this as a gift this will likely have a very positive effect not only on them, but on the relationship as a whole.
- Another idea: it could be something specifically for their inner little girl/boy.
- If you are miles apart, you can come up with little virtual gifts. For example, sending songs to each other that makes you think of your partner or you think that they might like. Or you could draw or write something for them. A love letter is a decent gift!
- If you are single - do you offer gifts to yourself? You should! For example: dedicate time to thoroughly nourish yourself, take a long bath, collect your favourite herbs and prepare a delicious yoni steam, buy or collect flowers for yourself, treat yourself with healthy sugar free snacks, or anything else that lights you up even for a moment.

So here we are at the end of this little cycle of Love Practices. I loved sharing these with you.

### Ready to go deeper together?

I'm excited to invite you to join my masterclass **Limitless Love**.

In this free Masterclass, I am sharing with you a new perspective, and practical exercises for growing as lovers and bringing depth to your connections. Here is what we will cover:

- The one key for a lifetime of deep intimacy and passion and learning the crucial difference between masculine and feminine sexuality.
- You will receive a practice to incorporate in your everyday life and lovemaking.



- Two special guided practices as a bonus (Guided Clear Space practice and Self Pleasure Ritual) that will deeply transform and empower your intimate life.

**[Join the masterclass here](#)**



*Free Masterclass*  
**Limitless Love**  
Empower Your Life Through Sacred Intimacy  
(intimate practices for cultivation  
of your power, freedom and love)  
*Sofia*  
SUNDARI

## **Special Gift**

Thank you for being here. If what you learnt from this little ebook really hit home for you and you are ready to take it to the next level, go ahead and enroll in my online courses. **As a reader of this book you are receiving special gifts** (click to claim):

- **\$500 discount on [Limitless Love online course](#)**
- **\$50 discount on [Pleasure as Prayer online course](#)**

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## **Sofia Sundari**



Sofia Sundari is a mystic in the world with Love at the centre of her life. Sofia is an international transformational leader, bestselling author, speaker, founder of the Priestess School, facilitator of courses on spiritual development and sacred sexuality. She has worked with people from 80 countries and supported them in returning to their innate beauty, power and love.

After leaving her law career in 2009, Sofia spent many years in the jungles and temples of Asia, in the desert of California and mountains of South America training in healing and spiritual modalities, such as Kashmiri Shaivism, Tantra, Hatha and Kundalini yoga, Taoism, western esoteric science, quantum physics and shamanism. She has held over 30 worldwide trainings, over 100 workshops, developed 5 online courses on the subject of sacred sexuality and garners a strong online following of over 100,000 people.

Sofia has been featured in Shape Magazine, Healthline, Bustle, Yoga Journal, Elephant Journal, Metro and other online and offline media.

Russian born, Sofia resides in Ibiza, Spain and travels the world to lead trainings and offer talks.

[Check out what's coming up here.](#)