

HOW RELAXED
LOVE MAKING
CAN TRANSFORM
YOUR SEX LIFE

SARAH ROSE BRIGHT



SARAHROSEBRIGHT



A WARM WELCOME TO YOU!

I'm Sarah Rose Bright, a leading Intimacy & Sex Coach and host of the Love, Sex & Intimacy podcast. I help women & couples to truly enjoy their sex lives and to create and/or deepen intimate relationships that are loving, happy and passionate so that their lives can thrive.



SARAH ROSE BRIGHT

PEOPLE ARE LOOKING FOR A DIFFERENT WAY TO MAKE LOVE

You are here for a reason. I KNOW YOU ARE CURIOUS ABOUT WHAT IS POSSIBLE FOR YOUR SEX LIFE. Whether you are feeling stuck with sex or you have a desire to discover new ways to make love, something has inspired you to read this e-book. For whatever reason you are here, I am delighted that you are!

I see that people are looking for a different way to make love. They want something more than the goal-based hot sex that most people learn. Like everything, whether learning to play a musical instrument or learning a dance step, there are always new and deeper territories to explore. Allow me to be your guide!

For over a decade, the core of my work has been to support individuals and couples to move beyond goal-based sex. I call this 'relaxed love making'. This is an invitation to explore and to journey into new depths of connection, intimacy and pleasure.

In this e-book, I am going to share with you how relaxed love making can transform your sex life, the difference between regular sex and relaxed love making and how to explore relaxed love making. It is full of simple and practical ways that can bring deeper intimacy and expansive pleasure into your love making.

This e-book is for newbies as well as seasoned explorers. As I work mainly with heterosexual couples and women, the language I use reflects that. However, all that I share here is relevant for every body and for same sex and/or non binary partnerships. When I talk about penetration with a penis, this could also be penetration with fingers or a dildo. The knowledge and the practices can also be applied in solo exploration.



MY STORY

I found relationships, intimacy and sex really challenging. I used to be scared of sex, I didn't know what I wanted, I froze when a partner asked me what I enjoyed, I didn't like my body and I was hugely critical of myself. My intimate relationships never worked out and I thought there was something really wrong with me.

Twenty years ago, I started a journey to find out why. It was one of the biggest leaps of faith that I have ever made and I have never looked back. It took years to unravel the tangled knots of my life, to understand how I had got to where I was, to heal and to learn how to create a thriving and loving intimate relationship and a beautiful sex life. I am still learning and exploring!

Relaxed love making has transformed my own sex life. It is the foundation of intimacy with my partner. As I focused on relaxed love making, the pain I had been experiencing from perimenopausal changes in my body disappeared!

My clients' sex lives have transformed through relaxed love making. Concerns such as early ejaculation, erection challenges, pain and performance anxiety have significantly reduced or disappeared. Stresses and worries go. They feel a quality of pleasure that often blows their minds. Their relationships are more loving and connected and they feel happier with who they are.

It is now my passion to help people just like you, not just to move beyond where you are feeling stuck, but to create a deeply fulfilling and thriving sex and intimate life.

There are 3 people that I would love to acknowledge. Firstly, my partner, Graeme Waterfield; I am so grateful for you and our incredible relationship and that we get to explore, practice and teach this work together. You really are a dream come true! To two of my teachers, Diana and Michael Richardson. Your books and your teachings have had such a profound effect on my life, my love making and my work (and continue to do so!). Thank you with all my heart for what you do.

WHY
RELAXED LOVE
MAKING?



SARAH ROSE BRIGHT

In our culture, we mainly see one type of love making and that is hot, intense and fast. It's the type we see in the movies and in porn where movement is always heading towards the goals of penetration, ejaculation and orgasm. It is deeply embedded into our psyche that 'successful sex' has to include penetration and 'finish' with orgasms so if any of these pieces are missing, we can feel that sex has somehow failed (or we have!). I call this 'regular sex'.

It is important to say that there is nothing wrong with regular sex. You may have enjoyed it many, many times! However, if it is the only way that you experience sex it can have its limits and there is a whole different quality of pleasure and intimacy available through relaxed love making.

When people tell me that their sex life has become 'boring', 'routine' and feels 'mechanical', 99% of the time they are having regular sex over and over again. They think there is something wrong with them for not enjoying it and they are SO relieved when they hear that they are not the issue - it is the type of sex that they are having!

FOR YOU TO EXPLORE

You learn about sex either consciously or unconsciously (often both) and however you learn, it becomes the imprint of how you experience sex. It can be helpful to take some time to reflect on how you learnt about sex:

- How did you learn to 'do' sex?
- Who or what influenced what you learnt and how you learnt about sex?
- How has that shaped how you experience sex today?

THE GIFTS OF RELAXED LOVE MAKING



SARAH ROSE BRIGHT

I HAVE SEEN HOW RELAXED LOVE MAKING CAN TRANSFORM YOUR SEX LIFE

HERE ARE JUST SOME OF THE BENEFITS!

IT TAKES THE PRESSURE OFF PERFORMANCE

Regular sex is very linear, often taking the same route every time with the focus on the goals of penetration, orgasm and ejaculation. This creates performance pressures, such as being 'aroused enough', 'hard enough' or having orgasms. People make meaning out of these and can feel a failure if any or all of these things don't happen.

None of this matters with relaxed love making. It doesn't matter whether you orgasm or not. It doesn't matter if you are hard or not. It doesn't matter if your arousal goes up or down. Pleasure and arousal naturally ebb and flow and when you let go of it having to be a certain way, it takes the pressure off and you can really enjoy love making.

IT CAN HELP WITH COMMON SEXUAL CONCERNS SUCH AS LOW DESIRE OR ERECTION CHALLENGES

With relaxed sex, I have seen desire come back, pain reduce and sometimes disappear, sensation where there was numbness, men last longer and erections return. You can make love without an erection. Stress and tension can contribute towards so many of these challenges, which is why relaxed love making can be so transformative. This also helps in other situations such as after having children or during menopause where the body can benefit from a different style of sex.

IT ENHANCES INTIMACY

I am not saying that there cannot be intimacy with regular sex. Of course there can. However what I've witnessed with the thousands of people I have worked with is that when the heat wears off and regular sex

becomes more mechanical, sex can become less and less intimate. By slowing down and being more present together in relaxed love making, intimacy and connection will deepen. This also generates a sense of safety and trust.

YOU LITERALLY MAKE LOVE

When you are having 'hot sex', you can produce adrenaline which inhibits oxytocin, known as 'the love hormone'. When you are in a state of relaxation with another person, whether in arousal or enjoying touch or stroking, you release oxytocin. I know from personal experience and the stories of many of my clients, you can feel your heart opening and the love that is generated in relaxed love making.

IT REDUCES STRESS AND TENSION

Relaxed love making can help reduce stress levels and tension in the body for both partners, cultivating a sense of relaxation and wellbeing.

IT IS MORE FULFILLING

People share with me how taking the time for relaxed love making can be like the difference between fast-food and a luscious slow-cooked meal. It feels more nourishing and nutritious. They also share that it can fill them up for days. They feel satiated at a cellular level and feel more connected to their partner after love making as well as during.

IT IS MORE PLEASURABLE

During regular sex, the focus is on hot and more intense pleasure and on the erogenous zones. This can lead to desensitisation, especially of the genitals. Relaxed love making is about enjoying all types of pleasure all over the body, whether cool, warm or hot, great or subtle. As the body softens and relaxes, sensation can expand and be felt all over your body.

IT DOESN'T BECOME ROUTINE LIKE REGULAR SEX SO IT IS MORE SUSTAINABLE FOR LONG TERM RELATIONSHIPS

One of the biggest issues with regular sex is that people get bored of it, doing the same routine and going for the same outcome over and over again. With relaxed sex, the journey is the destination. When you are present and curious to who you both are today, you are open to love making being different each time, even if those differences are subtle. The quality of connection and intimacy is more important than reaching a goal.

HERE IS WHAT SOME OF MY CLIENTS HAVE FOUND

“Relaxed love making is a perfect antidote to my busy week. It feels so calming and the opposite of how sex used to be. We weren’t connecting in the week as I was so tired by the time I got back from work. Now we’re spending time together in the week. We’re rediscovering each other after ten years of marriage.”

Tina, 56

“It’s a revelation. Redefining what sex is has taken a huge weight off my shoulders. I don’t feel the pressure I felt in hot sex and my performance anxiety has gone. Feeling is returning to places in my genitals that were numb and I am getting more erections.”

Georgio, 57

“You’ve rescued our sex life from the shadows. It’s a completely different world.”

Rachel, 35 and Alex, 39

THE
DIFFERENCES
BETWEEN
REGULAR SEX AND
RELAXED LOVE
MAKING



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It is important to repeat here that there is nothing wrong with 'regular sex'. What I am sharing is that there is more to sex than we have learnt - a lot more! Relaxed love making expands the possibilities for the pleasure and intimacy that we can experience.

Have you ever had moments that felt timeless? When you are so absorbed in the present moment that everything else falls away? When you felt a depth of connection to yourself, your partner or with life that transcended your every day experience? Whether those timeless moments were making love, watching a stunning sunset, holding a new born baby, dancing or hugging a loved one, it's inviting that quality of presence and consciousness into your love making.

Here I share some of the common qualities I have witnessed in regular sex and relaxed love making. When I discuss these qualities with clients, everyone I work with can relate to one or more of these - often many of them!

FOR YOU TO EXPLORE

READING THE QUALITIES OF REGULAR SEX.

Notice what qualities really resonate with you. You can start to bring awareness to how you experience these. For example, are you aware of tension in your body or where your attention is during sex? By bringing awareness to the qualities, they will start to transform.

READING THE QUALITIES OF RELAXED LOVE MAKING.

Notice what qualities you would like to explore. For example, relaxing your body or noticing subtle sensations. Pick 1 or 2 at a time to explore.

10 COMMON QUALITIES OF REGULAR SEX

1. The focus is on heading towards the goal whether it is penetration, having an orgasm, ejaculation or all of these.
2. Focusing on the goal can create performance pressure, even at a subtle level. You cannot fully enjoy the present experience if even a small part of your awareness is on 'what next?' or what has previously happened. This leads to an internal dialogue such as 'am I/are they aroused enough/hard enough?'
3. You know what you are getting. There is a set script that is followed in a linear way. If the goals don't happen, there can be a perception that the experience is not a 'success', that something is missing
4. You might feel 'stuck in your head' with thoughts about the past or the future, distractions or fantasy.
5. There is a searching/chasing for stimulation, excitement, intense and hot experiences. This can create an urgency to get to the goals which leads to everything getting faster. If the pleasure drops, there can be a sense of frustration or panic that the pleasure has gone.
6. The arousal builds to a peak and the body constricts and discharges it through orgasm/ejaculation and the experience ends, often in seconds (think 'roll over and go to sleep!'). People often feel relaxation after the release.
7. Peak arousal is based in the sympathetic nervous system. When this dominates this can lead to the production of the stress hormones such as adrenaline. This can result in a sense of stress in the mind and body, even if in low level and may lead to things like feeling anxious, a reduction in feeling sensation, shallow breathing and constriction

in the body. Most people have what I call a 'tension pattern' - the places that they contract in pleasure or stress and it limits what we can feel. This can be in specific places like the jaw, the buttocks and the inner thighs.

8. It can be mainly a physical act.
9. The responsibility for your arousal can be put on your partner i.e. 'you have to turn me on.' This is often expected but not communicated.
10. It is expected that you 'should' be 'in the mood' and have some desire for sex. If not, you can feel there is something up with you, your partner or your relationship.

10 COMMON QUALITIES OF RELAXED LOVE MAKING

1. The focus is on being present to the direct experience and the journey unfolds from there, moment by moment.
2. You can relax as there is no pressure to get anywhere.
3. You bring a beginner's mindset and heaps of curiosity to each experience. Relaxed love making may or may not include penetration. It is about the quality of intimacy, not the outcomes.
4. Authenticity is key. You are present to what is happening, whether that is something you are enjoying or any feeling that arises.
5. All sensations are embraced. There is a relaxation into the cool, warm and subtle sensations throughout the whole body. Everything is slower and the experience is calmer. There can be a sense of timelessness.

6. In this place of relaxation, the arousal naturally ebbs and flows, allowing it to expand through your whole body. Orgasms and ejaculation are not the focus and are not pursued. They may or may not happen. If there is an orgasm/ejaculation, it happens spontaneously, without effort.
7. Relaxed arousal is based in the parasympathetic nervous system. When this is predominate, you produce the pleasure based hormones such as the 'love hormone', oxytocin. This can result in an increase of qualities such as empathy, bonding, trust, safety and increased sensitivity. In this place of relaxation, breathing is slower and fuller, sensation increases and can be felt throughout the whole body. You bring awareness to any places of tension and contraction and keep consciously opening and softening the body.
8. This is deep intimacy. With emotional intimacy there is vulnerability and tenderness. The heart opens. It is loving sex, it is love making with your heart and soul.
9. Each person takes responsibility for their own experience and together you refine your experience with connection and communication.
10. You don't need to feel desire. There is nothing wrong if you don't feel desire as your desire style may be 'responsive' rather than 'spontaneous'. With responsive desire, when you create time to relax and connect with yourself and your partner, arousal can happen.

HOW TO
EXPLORE
RELAXED
LOVE MAKING



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HERE ARE SOME SUGGESTIONS of how to start to explore relaxed love making. I invite you to make time together to practice these suggestions. We don't have a culture of practice when it comes to sex. A band doesn't show up at a concert arena without putting hours of practice in yet we are expected to show up in the bedroom and give a solid performance!

When you create time to explore, you are both learners together. It takes the pressure off getting it right or wrong. Bring a mindset of curiosity with an attitude of 'I wonder what we'll discover today'.

You can explore these practices with a partner or lover and you can adapt most of them and do them on your own. They can be great to explore on your own as when you are not with another person you may notice different things.



SEE RELAXED LOVE MAKING AS AN UNLEARNING, NOT AS A TECHNIQUE

Relaxed love making is more of an unlearning of what you already know. By bringing awareness to how you experience sex, you begin to unlock your habits and create space to relax.

Most people are on autopilot during sex. As with driving a car for years, you don't think about it, you just do it. By starting to notice how/who you are during sex (whether with your partner or on your own), you will start to change. I invite you to notice these areas not just in love making, but in your day to day life too.

YOU MIGHT NOTICE

- How is your breathing? Is it fast and shallow? Slow down your breathing and allow your lungs to fully expand on your inhale.
- Where do you contract your body? Breath into and release that area. You may do this many times!
- Do you make sound? Making a sigh on the exhale is a simple way to release tension and drop into your body.
- What is happening in your body? What sensations do you notice?
- Where is your attention? Is it with your thoughts or are you aware of what is happening in your body? Keep inviting your awareness back to the present moment.
- What are you thinking about? Sometimes it can be good to address what you are thinking about.

PLAN TIME TOGETHER

It is great to decide on the best times to explore this as a couple. This might look like weekend mornings or an evening together. Planning might include eating earlier or getting the kids to bed so that you create precious space for the two of you.

You might feel resistance at the idea of planning intimate time together. My invitation is to try it. When you dated, sex was often planned. It didn't just happen. You committed to meeting up. You got ready to meet, making lots of effort to bring your best self (showering, getting your hair done, whatever you might do!). It might have felt effortless with the hormones on a high but often a lot of thought and preparation goes into those meetings.

You wouldn't go on holiday or do many other activities if you didn't plan them. Read more in this [BLOG](#) about planning intimate time.

CREATE TIME TO UNWIND

Regular sex can be a place where people want to release the tension and stress that they are carrying, often finding the relaxation at the end of sex once they had an orgasm / ejaculation. If this is you, consider where else you can release stress.

Relaxed love making is starting from a different place. With relaxed love making, I invite you to take time to unwind. This might be before you get together with your partner such as having a bath or a shower, resting, meditating, moving your body, belly breathing (see below) or massage. Of course you can do all these things together too!

You meet in the current state of your individual nervous systems and they can be in different places. Imagine that you are like two tuning forks, both vibrating different frequencies. It can be magical to do practices together to unwind. Love making then flows from that place of connection and relaxation. Belly breathing and massage are two wonderful practices you can share together.

BELLY BREATHING

Belly breathing is a wonderful way to regulate your nervous system.

- You can do this with clothes on or off. Simply lie together with your bellies touching and breathe together.
- Be really present to your breath, the sensations in your body and drop into presence, allowing the layers of busyness and tension to melt away.
- It is good to do this with your eyes open for at least part of the time so that you don't fall asleep! You can set a timer i.e. for 5 or 10 minutes. Setting a timer can help you to relax more into the experience.

MASSAGE

Massage is a wonderful way to unwind as part of love making. Here are some ideas of different ways you can share massage:

- Agree to an amount of time to share massage and set an alarm clock. Anything from 10 minutes to 1 hour or more each way!
- You can intuitively give a massage to your partner or the receiver can be direct and ask for the type of massage they would like. It is good to agree which of these you would like to do with your partner before you start. Of course if your partner is giving you massage, you can still give feedback!
- If asking for the type of massage you would like, be specific, i.e. "I would like you to massage me on the back of my body with firm pressure (or feather light touch). Please spend some time on my neck, shoulders, back and buttocks."
- It can be magical to have a massage in one place and really drop into that area to gently activate the erotic energy. Breasts and genitals are great places for this. You can have a breast or genital massage for an agreed amount of time.

- Use oil. It changes the way you touch each other. You can get some beautiful oils with essential oils that support relaxation. Starchild in Glastonbury have some gorgeous massage oils and they do mail order. Don't use massage oil with essential oils internally.
- If you are not confident in massage techniques, create some time to practice with each other where you try different types of pressure and touch and see what feels good. There are also tons of videos on Youtube that you can get ideas from.

LOVE MAKING

Before love making, take time for one or more of the other practices suggested here.

- Use oil or lubrication if you need it as it can make all the difference! Go for natural and organic products. Remember if you are using condoms, use water-based lubricants as oils can make the condoms ineffective.
- When you are ready for love making, allow the genitals to touch. A great position for this is laying side by side as both bodies can be relaxed. If you are in a heterosexual partnership, the tip of the penis can rest on the vulva, at the entrance to the vagina. It doesn't matter if the penis is soft or not. Bring your awareness down into your genitals and feel them from the inside. You might notice little tingles or other sensations. If you don't notice anything, give it time.
- Wait for the female to invite the male partner in or ask for permission. This can be so empowering and healing for the woman. When the penis enters, allow this to happen very slowly. Enter millimetre by millimetre and keep pausing and relaxing into the experience. This can be very intimate and feel amazing. If you are using fingers or a dildo for penetration, I invite you to do the same.

- During regular sex, penetration is usually quite fast with the penis thrusting in and out. Relaxed sex invites deeper and slower penetration. Imagine the penis massaging the vaginal canal. Slow down and explore smaller movements. This might look like just the tip of the penis going in and out of the vagina or having the penis deep inside the vagina and making micro movements inside. You can move in and out or make little circles with the penis. Vary the movements. Take time to pause, be and feel any sensations you notice.
- If the arousal gets hot or you find yourself wanting to chase what feels good, pause and breathe, imagine the heat spreading through the whole body and allow the temperature to cool. This allows the energy to expand. If you find yourself speeding up, go slower.
- When you move to different positions, ensure your body is relaxed. Sometimes it takes micro adjustments to take the tension or stress out of a position.
- You finish when you feel complete. You may or may not have orgasms or ejaculations. This can feel disorientating for some people at first as they are so used to completion happening when the peak is reached.

A NOTE FOR MEN

- It is common for men to have concerns about losing their erection. There is an unconscious expectation that an erection 'should' always be hard. This is not true. Erections naturally ebb and flow from hard to semi soft/soft. If the erection goes, be with the feeling of that. Be present to your penis and see what happens.
- If you are not getting erections for whatever reason, relaxed love making is 100% possible. You can explore soft penetration (I recommend Diana Richardson's book, 'Slow Sex', to read all about this). Having the genitals connecting without penetration can be very healing and also feel good.
- If you are used to ejaculating in every sexual encounter, I invite you to experiment with what it is like to not ejaculate. If you are feeling a lot of energy in your genitals you can gently inhale and imagine the energy moving up your spine to the crown of your head and on the exhale, imagine the energy flowing down the front of your body to your genitals. Repeat this circular breath. This can help to relax the energy you have created. Notice how you feel during the 24 hours after love making without ejaculation and compare it to love making with ejaculation. If ejaculation happens, enjoy it!

HOW TO APPROACH THE RELAXED LOVE MAKING PRACTICES

COMMIT TO PRACTICING REGULARLY

Find the optimum times of the week that work for you both. Some of these practices you can do in 15 - 30 minutes and are great for intimacy in the week. Quality is better than quantity. Put the practice times in the diary. For some couples this is vital because if they didn't have the times in the diary, it is likely that the practice wouldn't happen.

GET CURIOUS

With all these practices and explorations my question is always, "What did you notice?" It might be that you noticed you scheduled the session when you were too tired or that you couldn't relax. You might notice patterns of behaviour such as where your body contracts or what happens when you relax your body or slow down. When you bring heaps of curiosity to the practice you will learn so much more. Leave expectations behind as they will only lead to disappointment.

CELEBRATE WHAT WENT WELL

It is so important to reflect on what went well as you can learn so much about your self and your partner from that.

'THERE IS NO FAILURE, ONLY FEEDBACK'

I love this saying! If a practice doesn't go so well, keep going. You can take that learning and look at how you might do things differently next time. When you go out for dinner or practice sport or music, it might be wonderful or mediocre or poor. You don't stop doing these things. When it comes to sex, when things don't go so well, it can affect you deeply. This is why regular practice is key so if it doesn't go so well one time, you have another opportunity soon.

THIS IS LIFELONG LEARNING

Relaxed love making is a journey that you can explore for the rest of your life! I have been exploring this for many years both personally and in supporting my clients. I share this to say, give it time. How we learn to experience sex runs deep in our bodies and our psyche and it takes time and practice to unlearn. Patience and gentleness are key.

IF YOUR PARTNER IS NOT INTERESTED

I have spoken with so many people who are yearning to make changes in their sex life but their partner is not interested. This can be for so many different reasons, more than I can list here! Invite your partner on a journey. Share what you would love for your sex life and how you would like to explore together. You could invite them to do a practice from this e-book or start to introduce changes in small steps such as 'I'd love it if we tried going a little slower...'

HOW WE CAN WORK TOGETHER

I hope you enjoyed this e-book and that you find deep intimacy, more love and profound pleasure through your explorations of relaxed love making! Some couples can really benefit from support with relaxed love making for a variety of reasons. Whether you need support or you would simply like a guide for your journey, reach out for a conversation. Relaxed love making can be a gateway to reimagining your sex life. It is a beautiful opportunity and there is SO much to discover beyond goal based pleasure. This e-book covers just a part of what is possible! Here are some ways we can work together:

BOOK A CALL WITH ME

If you are ready to transform intimacy and sex in your life, you can [book a complimentary call](#) with me where we explore where you are now, where you would love to be and the steps you can take to get there.

PRIVATE COUPLES WORK

In my programme for couples, I design a bespoke programme for you both based on where you are at and what you desire for you and your relationship. This deep dive offers you the knowledge, structure and support to make significant shifts in your intimacy and sex life. You can read about Intimacy Mastery, my private coaching for couples [here](#).

COUPLES COURSES AND RETREATS

Keep an eye out for our couples courses and retreats on my website. [Message me](#) to go on my list to be the first to find out about courses and retreats and sometimes there are special offers!

FOR WOMEN

Whether you are solo or in an intimate relationship, I support women to truly enjoy sex and pleasure and feel empowered to create / deepen intimate relationships that are thriving, happy and loving. If you would love to explore relaxed love making and your partner doesn't want to do sessions or is not interested, I can also support you with that. You can read about my 1-1 programme for women [here](#).

FOR MEN

My partner, Graeme, assists men in mastering their own sexual energy so that they can experience a different relationship with sex, more fulfilling pleasure and deeper intimacy. As Graeme shares, transforming sexual energy also leads to greater physical, emotional and mental well-being, supporting men to become the greatest version of themselves. Graeme has a group programme for men and works 1-1. You can read about Graeme's work [here](#).



SARAH ROSE BRIGHT



FEEL FREE TO MESSAGE ME

If you have any questions at all, please do reach out and I would love to hear about your journey with relaxed love making! Let me know what you discover!

Happy exploring!!

With love,

Sarah Rose Bright xx