

382: Tantric Sex and Intimacy

10 Point Checklist

Justin Gottlieb

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"Tantra teaches us that we can create anything we want. We are the masters of manifestation. We are the god and the goddess. We create our own reality in every moment."

JUSTIN GOTTLIEB

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Set an intention before and during having sex or self-pleasure. One can utilize tantric practices without a partner. One can create sacred sexual energy at any moment. People are created from sacred sexual energy.
- Retain virtuous, pure thoughts, words, and deeds. This attracts positive, powerful angels that can assist me in my life.
- Practice self-love and patience while I'm in the process of growth. Work on developing my mental and spiritual states to become a better person.
- Learn more about the essence of womb wisdom. To put it in simpler terms, the womb connects each woman to the Universe. Thus, there's guidance and divinity in the womb because it is the portal where life comes from.
- Create an open communication with my partner about my sexual desires. Try not to hide feelings from each other and work together on whatever relational growth or obstacles may come.
- Set healthy boundaries. These boundaries help in creating a safe space that allows magical experiences between two entwined souls.
- Be present. Stop worrying about the past and future. Focus on enjoying each moment of my life to the fullest.
- Focus on internal connections. Connection isn't just about connecting with other people. Doing so will keep me on the right path, have more confidence, feel more peace, receive more insights, and have better relationships.
- Remain calm and relaxed during sex or self-pleasure. Breathe the tantric energy to open up all different pathways to expansive orgasms or multiple orgasms. This will also make my body feel safe.
- Visit Tantra Love Coach's [website](#) to learn more about Justin Gottlieb's services, events, and [retreats](#). Also, follow him on [Instagram](#) for daily updates.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/tantric-sex-and-intimacy-with-justin-gottlieb/>