

## Kurzanleitung

# Slow Sex – der Liebe lauschen

Was ist Slow Sex? Achtsamer Sex, bei dem jeder Moment maximal genossen wird

Weniger machen, mehr fühlen

... Und das Beste: Slow Sex lässt sich lernen! Es braucht ein wenig Übung, einiges muss gelernt werden, anderes verlernt. Viele Paare haben nach drei Monaten deutlich mehr und schöneren Sex als vorher!

Slow Sex ist eine Maßnahme, keine Fackel. Es gibt keine Regeln, alles plausibel Vorschläge.

Sex, der...

Nähe schafft

Verbindung kreiert

leicht anzufangen ist

tief nährt und spirituelle Erfahrungen ermöglicht

schmelzen lässt

entspannt ist

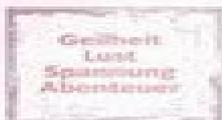
keine Erregung braucht, um anzufangen

das Stresslevel senkt

keinen Druck hat, ein Ziel zu erreichen



## Unterschiedlicher Sex für unterschiedliche Bedürfnisse



Orgasmusorientierter Sex



Slow Sex

Beim Essen ist es ganz selbstverständlich: Du isst viele verschiedene Speisen für unterschiedliche Wünsche. Genauso ist es beim Sex! Slow Sex erfüllt bestmögliche Bedürfnisse wunderbar, andere eher nicht. Verschiedene Arten Sex zu kennen gibt dir mehr Möglichkeiten, deine Wünsche zu erfüllen.

## Warum musst du Slow Sex üben?

Slow Sex ist etwas, was du nur über die Erfahrung lernst. Sex, ohne dass der Orgasmus das Ziel ist? Sex, ohne jede Erregung, der richtig gut ist? Das ist verdammt so neu für dein Gehirn, dass du es dir nicht vorstellen kannst, auch wenn alle 100 Bücher dazu lesen. Alte Gewohnheiten sind wie fest im Gehirn verdrähtet, daher üben, üben, üben! Durch Wiederholung entstehen neue Gewohnheiten und das Gehirn braucht dafür Zeit, wie ein Muskel, den du zu trainieren beginnst. Spaß macht es auch noch!

## Die großen Prinzipien von Slow Sex

### Präsenz

Fokussiere deine Aufmerksamkeit ganz auf den Moment. Spiele mit Langsamkeit als Werkzeug, bis du den Moment mit allen Sinnen fühlen kannst. Nutze deinen Körper, um wahrzunehmen, was du genau in diesem Moment erlebst. Diese Achtsamkeit bringt dich immer wieder zum Jetzt.

### Dem Genuss folgen

Lausche der Spur des Genusses und folge ihr sanft, statt mit viel Tun und Machen irgendetwas erreichen zu wollen. Warte auf einen Impuls aus deinem Körper, statt dem Kopf zuzuhören. Der Genuss liegt oft in den kleinen Dingen. Bleibe absichtslos, was Erregung und Orgasmus angeht.

### Entspannung

Entspanne jeden nicht benötigten Muskel um z.B. die Position zu halten. Scanne immer wieder beim Sex den Körper und finde heraus, wo du noch einen Muskel entspannen kannst. In der weichen, bewussten Entspannung fühlst du mit allen Sinnen mehr!

### Kein Ziel

Im Slow Sex zählt das, was du im Moment erlebst. Lass das Ziel weg, dann gibt es kein Scheitern mehr. Der Druck, etwas zu erreichen, fällt weg. Du musst es nicht "gut" machen. Du bist einfach du, so aufmerksam, präsent und achtsam wie jetzt gerade möglich. Du musst nirgendwo hinkommen oder etwas für dein Gegenüber erfüllen. Das, was du ist, ist das Richtige.

### Der Slow Sex-Test

Kann ich jetzt aufhören und zufrieden sein?

Wenn nein, hast du dir ein Ziel! Am besten öfter beim Sex dem Test machen, gerade am Anfang!

### Was braucht ihr?



**Festes (Meditations-) Kissen** in Hüfthöhe der Frau für die Schenkelstellung (Link auf der Rückseite). Am Besten mehrere Kissen für die bestmögliche Entspannung. Alternativ fest zusammengenähte Decken oder Handtücher.

**Gleitmittel** pflanzliches Öl (z.B. Mandel, Kokos), wasser- oder silikonbasiertes Gleitmittel. Vorher testen und 30 Minuten warten!

**Ungestörten Raum** Handy, Fernseher und Radio aus, Tier und Kinder weg, nicht von Kindern oder Menschen gestört zu werden. Ruhige Hintergrundmusik kann die Umgebung einblenden. Offene Aufgaben wie Wäsche und Bücher oder abdecken.

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