

7 Secrets to  
*Spice Up Your  
Intimacy*

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**SECRET #6**

**with Marna Schwartz**

How to experience more pleasure,  
more intimacy,  
more fulfillment,  
than you ever thought possible...

## Secret 6: Fire Your Inner Perfectionist

Don't miss the magic -- just because it may not be what you initially planned! No matter how perfectly you've laid out your romantic getaway, someone is bound to do something silly, fart, or fall off the bed. Perfect sex is not when nothing goes wrong, it's when you can accept whatever is *actually* happening and enjoy it, or ask for things to be different in some way (using inspiring communication) and enjoy *that*.

Here are some keys to bring this truth into your life and lovemaking:

- Cultivate courage, vulnerability and accept feeling *unsure* at times
- Expect the unexpected -- *and enjoy it*
- Life is what happens while you're busy making other plans
- Find the sweet spot -- the place where you can fully relax into the present moment
- Switch your focus from what ISN'T working into celebrating what IS working

Write out THREE areas in your intimacy that **are** currently working for you:

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Describe a time when the magic was **palpable**, you were so deeply **present** and **engaged**. What was this like? What was happening? What did it feel like?  
*Get as detailed as possible.*

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# Beautiful Work, Empowered Woman!

I invite you to come back and refer to these steps as often as you need.  
If it feels right, work through it with your loved one.

Allow yourself to truly hear what your heart has to say to you.

If this work resonates with you, and you want more customized,  
real time support with me and my team...

Feel free to [email me](#).



**It is my greatest pleasure to support you in this journey towards your truth.**

If you haven't already done so, join our **FREE Facebook Community** where we can  
continue this journey in a network of supportive Sisterhood:

[\*\*Erotic Empowerment for Women\*\*](#)

Acknowledging your courage,

*Marna Schwartz*

Intimacy Coach