



**WAYS TO INSTANTLY CREATE
DEEPER CONNECTION**

WITH YOUR PARTNER FOR MORE

**FUN, FOREPLAY AND
FULFILMENT.**

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**THERE IS SO MUCH FUN TO BE HAD IN YOUR
RELATIONSHIP IF YOU KNOW HOW TO HAVE IT!**

**THE KEY TO ANY RELATIONSHIP IS TO
UNDERSTAND YOUR DESIRES AND BE ABLE TO
COMMUNICATE THEM WITHOUT FEAR.**

**I'M NORA AND I TEACH COUPLES HOW TO HAVE MORE FUN, PLAY,
PLEASURE AND DEEP CONNECTION IN THEIR RELATIONSHIP.**

**I CREATED THIS GUIDE TO HELP YOU HAVE
EXACTLY THAT.**

READY? LET'S START.

XO

1.

A RELATIONSHIP WITHOUT COMMUNICATION IS NOT A RELATIONSHIP AND IT CERTAINLY ISN'T A CONNECTED AND DEEP RELATIONSHIP.

HERE ARE 3 FUN AND DIFFERENT QUESTIONS TO ASK EACH OTHER TO COMMUNICATE IN A NEW WAY THAT CULTIVATES CONNECTION.

What does your dream relationship look like/ feel like and how can we make adjustments in our relationship?

What is a current need or desire that is feeling unfulfilled in our relationship according to you?

What is something I could do that would surprise you and show you how much you mean to me?



2.

DID YOU KNOW THAT EACH PERSON FEELS LOVE A DIFFERENT WAY? IT'S CALLED YOUR LOVE LANGUAGE.

THE LOVE LANGUAGES ARE;

- ACTS OF SERVICE
- RECEIVING GIFTS
- WORDS OF AFFIRMATION
- QUALITY TIME
- PHYSICAL TOUCH

[Click here to find out yours and your partners.](#)

AFTER YOU FIND OUT - DECIDE TO SURPRISE EACH OTHER ONE DAY THIS WEEK WITH EACH OTHERS LOVE LANGUAGE!

SPEAKING DIFFERENT LOVE LANGUAGES TO EACH OTHER RESULTS IN ONE PERSON NOT FEELING LOVED. IT'S A MISCOMMUNICATION THAT CAN EASILY BE AVOIDED.



3.

SPEND TIME APART.

THIS IS KEY IF YOU WANT TO CREATE MORE EROTIC TENSION BETWEEN THE TWO OF YOU. YOU CANNOT BE LIVING UPON EACH OTHER AND EXPECT TO MISS EACH OTHER.

PLAN A SOLO WEEKEND AWAY (MAYBE EVEN A WEEK!) DURING THAT SOLO TIME THINK ABOUT ALL THE AMAZING QUALITIES OF UYOUR PARTNER THAT YOU LOVE TO GET YOU EXCITED TO RETURN.

Upon your return, plan a romantic evening together that brings you closer again.



4.

CREATE A PLEASURE + PLAY LIST.

SEPARATELY CREATE A LIST OF THINGS THAT BRING PLEASURE (YES IT CAN BE NAUGHTY TOO!) AND A LIST OF THINGS THAT ARE FUN FOR YOU TO DO.

Once a week mix and match pleasure + play from each others lists.

THIS MEANS YOU'LL BOTH BE ENJOYING EACH OTHER IN MULTIPLE WAYS. I LOVE THIS GAME!



5.

PERFORM SEX RITUALS ON EACH OTHER.

A SEX RITUAL IS AN HONORING OF EACH OTHER. IT'S ALL ABOUT INTENTIONS AND CREATING A SCENE THAT ISN'T JUST ABOUT THE ORGASM BUT ABOUT PLEASURE IN GENERAL.

[See my blog post here for some ideas](#)

DECIDE WHO WANTS TO BE WORSHIPPED FIRST, THEN TAKE TURNS AT LEAST TWICE A MONTH TO WORSHIP EACH OTHER. INCLUDE LOTS OF ROSE PETALS FOR AN EXTRA EROTIC TOUCH.



6.

WRITE OUT A SEX FANTASY FOR EACH OTHER.

TO BE CLEAR. THIS IS YOUR FANTASY THAT YOU ARE DESIRING.

WRITE OUT WHAT YOU WANT TO HAVE DONE TO YOU, HOW IT FEELS, MAKE IT READ LIKE AN EROTIC NOVEL THEN READ IT OUT TO EACH OTHER. DECIDE ON WHICH TO ENACT FIRST.



CREATE A NEW EXOTIC MEMORY YOU CAN TALK ABOUT FOR YEARS TO COME.

The magic formula for creating exotic memories?

*Adventure + Laughter + Sex naughtiness =
Unforgettable times*

DON'T FORGET TO TAKE SOME FUN PHOTOS OR VIDEOS AS WELL TO REWATCH LATER TO SPARK THE MEMORIES EVEN MORE.



I'm Nora

RELATIONSHIPS ARE MY LIFE. AFTER YEARS OF DYSFUNCTIONAL RELATIONSHIPS GROWING UP I DECIDED TO LEARN ALL ABOUT HOW TO CREATE A HAPPY, HEALTHY, FUN, SEXY RELATIONSHIP.

I NOW SHARE ALL MY YEARS OF RESEARCH, PERSONAL EXPERIENCE AND TOOLS WITH BOTH MEN AND WOMEN WHO WANT TO BE IN A RELATIONSHIP THAT FULFILLS THEM ON ALL LEVELS AND YES THAT ALSO INCLUDES HAVING A SEX LIFE THAT MAKES OTHERS JEALOUS. IT'S ALL PART OF HAVING THAT EPICALLY FULFILLING RELATIONSHIP!

I TEACH CONSCIOUS COMMUNICATION, SEXUAL EXPLORATION, HOW TO DEEPEN LOVE AND HOW TO FIND THE FREEDOM TO BE YOU IN ANY RELATIONSHIP.

SINGLE OR IN A COMMITTED PARTNERSHIP. I GOT TOOLS FOR YOU.

1-1 COACHING AND GROUP PROGRAMS. REACH OUT IF YOU NEED HELP TO CREATE THE RELATIONSHIP OF YOUR DREAMS.

Book a no cost Relationship Strategy Call here.