

# 119: Reboot Your Sex Life through Tantra

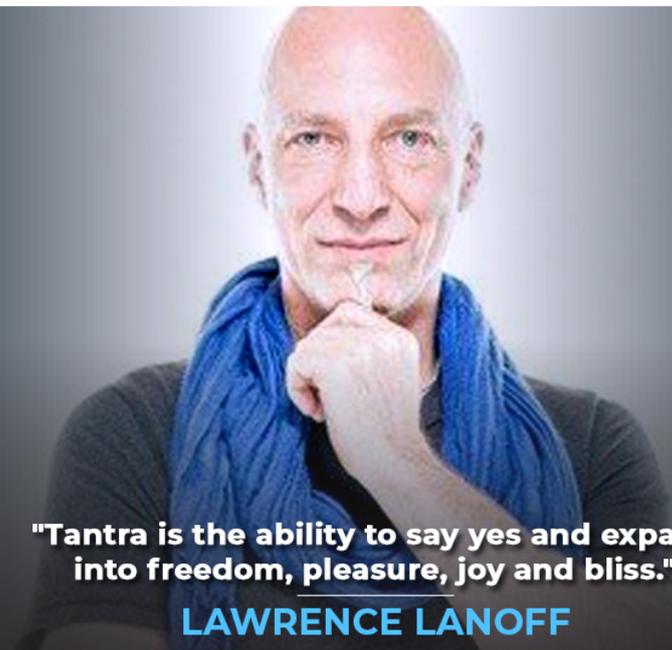
## 10 Point Checklist

### Lawrence Lanoff

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 is the ability to say yes and expand into freedom, pleasure, joy and bliss."**

**LAWRENCE LANOFF**

# 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.**

- Broaden my understanding towards sex and its tantric nature. There is more to sex than pure physical lust.
- Have an open mind when it comes to other people's sexuality and don't judge them for what they find pleasurable.
- Explore my sexuality by trying out new things. Don't suppress my innermost desires.
- Stop feeling ashamed of my sexuality and accept it as something beautiful, majestic and sacred.
- Make sexual intercourse a pleasurable experience. Take time to learn more about my partner and my partner's desires.
- Have open communication and be honest with my partner. Tell them what I like and don't like when it comes to sex.
- Find a likeminded community that shares my outlook on sex. I should be able to openly talk about sex without any hesitation.
- Practice containing my sexual energy. Tantric sex will help me circulate this energy and reach my highest potential.
- Do some foreplay prior to intercourse to awaken the senses. Foreplay can heighten sexual pleasure for me and my partner.
- Establish a deep connection with my partner with a simple exercise. Sit on their lap, look in their eyes and remain silent for a few minutes. Take that time to be completely in sync with them.

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

<https://www.getyourselfoptimized.com/reboot-sex-life-tantra-lawrence-lanoff/>