

Coming to Peace with Sexual Intimacy

A few simple steps that could change your life...



“Intimacy requires courage because risk is inescapable. We cannot know at the outset how the relationship will affect us.” Rollo May



Created by Caroline Mary



Introduction

Oooh, this is juicy, and I am so excited this with you!

I'm so happy to share some of the feelings and beliefs that held me back from enjoying a healthy relationship with sexual intimacy, my beloved, and my own sexuality

It's been quite a journey and caused so much conflict within me, and yet, when we're at peace and allow ourselves space to be intimate in the way we wish, it's such an incredible and life-changing experience to share love through this connection.

At times, I felt like a prostitute, and would laugh to myself thinking, "just leave the money on the side", when I'd spend the night with someone during my time at uni. Despite the laughter, I'd wonder what was wrong with me and why I couldn't have a "normal", loving relationship.

At other times with partners, time seemed to stop, and our bodies dissolved, and it felt like we'd merged. The ground shook and mountains moved, yet within the most subtle and sublime connection.



I'm not here to instruct anyone in the sexual arts (least not through this PDF), but what I am going to do is invite you to explore what you'd like to experience in your life, and gently enquire what beliefs you're holding.

Because, if, like me, you've encountered conflicts around this subject, I don't think you'll be at peace with yourself until you've uncovered the conflicts and can feel at ease enjoying the intimacy you'd like in your life.



And when we are at peace with intimacy, we can welcome our beloved into our life and experience a happiness and fulfilment that ripples out into every part of our lives....



Are you ready for P.E.A.C.E?

Coming to Peace is an offering from the heart and has many facets to assist our healing in such challenging, yet exciting, times on Earth.

I'm sharing the simplified process here to help you find clarity around sexual intimacy, unfurl old emotions and beliefs, and find compassion for yourself and your choices.

Each step helps the others. For example, if you've never prayed before, this alone can change your life in untold ways, allowing unseen helpers to help you in Coming to Peace.

1 - Pray for help and have Patience for the process

There's always help out there if only we ask for it! Prayer instantly connects us to our higher self, our guides, and angels and fundamentally our Source energy. It's the first and quickest way to allow assistance and miracles into your life.

What is your prayer? What do you need? What do others need? What would you like? What's the highest outcome for all?

2 - Explore what you're feeling, believe, experiencing

Write or speak out loud the challenge you're experiencing. Unfurling and understanding the challenge that you're facing means you're laying out the map to getting to the answer. The more specific the challenge, the more specific the remedy.

What is the situation that's causing conflict? What are you feeling? What do you believe? Where are you conflicted?

3 - Allow and Accept the healing process

Allow time for answers to come and time to explore your thoughts and feelings. Accept feelings that are moving through you.

Can you accept your feelings? Can you accept another's feelings? Can you allow the time for healing to take place for everyone?

4 - Compassion and Kindness for All

Bringing compassion to yourself for your part in the situation and for others involved, too. Remembering that we're all doing our bests and we all make mistakes and we can all feel a lot in these days of change and release!

Who needs compassion now? You? Or others? or Both? Or your inner children?

5 - Ease and Grace as things unfold

Allow ease and grace means surrendering to the process, trusting you'll know when to act and when to rest, and when to explore.

Are you feeling at ease? If not, you can start again and check what areas need exploring. Can you make another prayer? Can you check in with compassion for all your parts?



Step 1 - Making a prayer to support you

It might sound like blasphemy to pray about sex, but that's what I'm inviting you to do.

Prayer helps with everything in our life, and lets in help we might never have imagined!

Years ago, I wanted to know what it was like to have a perfect, soul-mate connection. I'd never really enjoyed fantasising, some part of me feeling it was like soul or energy—stealing. I prayed to be shown, and in a meditation, I saw and felt what it was like. It gave me a lot of shame for a long time, as in the dream-like vision I envisioned a well-loved ascended master with the initials JC, because I couldn't think of a better person to visualise this experience with. (And yes, I'm blushing as I write this).

However, the prayer worked.

When I moved into my current home, a flat in a block of 4, the guy who moved in a month after turned out to be a soul mate. A year later and we got together and pretty soon, we were living out my vision as reality.

Prayer calls us to reach beyond what we think is possible and receive miracles.

Here's a prayer you can try before you try yourself

"Thank you, Mother, Father God, Creator of All that is, my higher self, guides and angels, thank you for sharing with me the highest possible outcome of sexual experiences for me in this lifetime.

Thank you for assisting me to realise clarity around sexual intimacy and heal everything I've held on to across all timelines, dimensions, and realities so I may be honest to my soul, and honour the highest soul mate connection I can access at this time.

Thank you, thank you, thank you, and so it is. Amen"

Now it's your turn, so think what you'd like help with and call in the help you deserve!



Step 1 - Prayer for your highest outcome

What is your vision? Let's take a moment to see what your highest outcome is around money, with a prayer to your higher self to show you.

Find somewhere quiet and comfortable, and come within.

Make a prayer to your highest self to show you the highest outcome for you around money, using words like this:

"Thank you, higher self, for showing me the highest outcome in my life around money. What does it look like to me? Thank you, thank you, thank you, and so it is."

Allow yourself to take some gentle breaths, breathing in, expanding and softening your body, and breathing out, releasing tension.

When you're ready, close your eyes and imagine yourself with the door in front of you.

Behind the door is a vision of your future self, behind the door is everything you've ever wanted and more, behind the door is your future self showing you what is possible for you.

When you're ready, open the door, and look around, see where you're living how you're living.

What does it look like to enjoy intimacy with your partner? How do you feel? Where are you? What are you doing?

Write down everything you've seen and what you felt, and let it sink in.



Step 2 - What beliefs or conflicts around sexual intimacy do you have?

Now it's time to explore anything that might be holding you back from experiencing the perfect sexual intimacy for you.

What beliefs are you holding?

Do you believe sex is bad (like a part of me did)? Do you resist feeling pleasure, as though you're a bad person if you do (like I have done in the past)?

What conflicts are you holding around intimacy?

Do you want to experience beautiful and loving intimacy, but don't believe you're worthy? Perhaps you don't believe it's really possible in this life?

Journal out everything until there's nothing left to write. Get everything out of your system and feel the relief when you've finished!

What have you learnt? Was it a surprise?



Step 3 - Can you accept your past?

How has it felt to make the choices you've made in the past? Have you judged yours? Can you accept everything that has gone before?

It can be really difficult to face our past and let it go, but when we do, we can be fully present and allow great blessings into our lives.

Rather than seeing our past as a series of mistakes, we can see everything as an opportunity for learning and growth.

After all the crazy nights I had with different men (and sometimes women), I realised firstly that I wanted the deepest type of relationship possible: committed and spiritual. I realised I usually prefer a male partner whilst in my female body, but understand same-sex intimacy, and I knew that the deepest connection can happen in moments, and last a lifetime, and that if possible, an intentional and respectful connection means both parties are honoured and seen, and left feeling filled with love and happy.

Did I mess up with all of these experiences? Or did I take a long time to acknowledge what I really wanted and say yes?

Probably the latter, but I hope you can see that there's hope, no matter where we've been on our path. There's hope for change, for improved circumstances, and for healing in every part of our lives.

Can you accept your previous choices? Which parts feel challenging and why?

Can you journal about the challenges with gentle curiosity and see if you can let go of self-judgment about what you've done in the past?



Step 4 - Can you feel compassion for yourself?

Have you managed to feel compassion for yourself? And if not, have compassion for the angry, frustrated parts?

Every emotion can be a journey of discovery, and even the challenging ones are invitations for more love and compassion for ourselves.

When I look back, I feel sadness for the younger me. She was so lonely and longed for a deep connection. It wasn't that she had mean people around her: it just seemed they didn't connect as deeply as she wanted or yearned.

With the last three partners I've had, I've seen past lives with them, and understood why we felt so connected in this life. They have been incredible connections, yet challenging at times, too.

With one partner, there was a lot of challenging karma to untangle, and I was really ashamed of what we acted out through our relationship. However, when I stopped looking at it from a human lens and saw things on a soul level, I realised we were just releasing pent-up emotions, and neither of us had learnt how to address them before.

Releasing judgment means I can bring compassion to us both and how we were in the past, and the messy connection we'd made. I hope he learned as much as I did, for I was humbled to the ground after that experience.

But he showed me my shadows in ways that no one but my brother was able to do! And through facing those parts, I was able to move on and grow.

Can you bring compassion to every choice you've made? What holds you back if not?



Step 5 - Moving forward with ease

In order to anchor in a new way of being, it's great to create some steps you can take to call in the future you've seen.

Some of the best steps I've made were buying a book on Tantra after reading a copy in my ex's home. This shared everything I ever thought and more, and apparently, it took reading a book on the subject to allow me to say, "Yes, that's what I want."!

Another shift was the choice of my beloved and me to allow no less than 4 or 5 hours for our connections with no pressure of anything but connection. When we were first together, we would dive so deeply into our connection that hours would pass, and we had no idea. Now that we know our connection is deep and gentle, we make clear time for connection.

We also share our feelings, stop when we need to, cry when we need to, and honour each other's choices. For a few months, I couldn't bear more than hugging, and that's exactly what we did, and it felt so beautiful to allow the simplicity of hugging with no pressure for anything else.

What steps might you take in your life with or without a partner to align you with your best and highest vision for intimacy?

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

How does that feel? Achievable? Take your time when implementing changes in your life and trust your self and your unfolding journey.

Coming to Peace with Sexual Intimacy



Well done!

I hope you've enjoyed this process and found a little more peace around your choices around intimacy in the past and for the future.

You can access further support through live events and online courses through my website, openlotusliving.com.

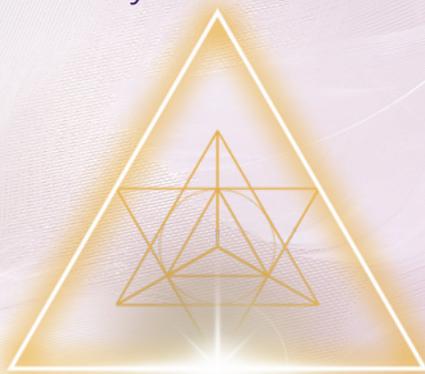
If you'd like 1-2-1 support in Coming to Peace in any situation in your life, don't hesitate to reach out for a clarity call via my [contact me](#) website page and let's help you come back to peace in your life.

Remember, the very wish to make changes and come to peace means we're opening the door to miracles in our lives.

I'm so happy to share this work with you, and welcome questions, feedback, or sharing about your Coming to Peace with your diet journey.

*Wishing you so much love and so many blessings
Caroline Mary x*

www.Facebook.com/carolinemaryandrews
www.openlotusliving.com
carolinemaryandrews@hotmail.com



No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means electronic, mechanical, photocopying, recording, or otherwise, without the written permission of the author or publisher.

(C) Copyright Caroline Mary Andrews t/a Open Lotus Living 2025