

# SPIRITUAL INTIMACY GUIDEBOOK



WRITTEN BY GRAELL CORSINI

HELD IN LOVE AND DEVOTION BY HEARTMATES:  
GRAELL CORSINI AND SUMA SHANKARA





*Into-You-I-See, Into-I-I-See, Into-We-Is-Seen*

**Intro:**

When Sexuality is combined with reverence, an emotional and physical healing alchemy emerges to increase the depth of honor available for the temples of our Hearts, and the sanctuary of our Souls.

From this awareness, my level of desire to share this great work has grown into Spiritual Intimacy workshops, retreats, and customized sessions to support the rise of Sacred Relationship.

I had sex for the first time at age 15. There was absolutely nothing sacred, intimate, or adoring about the entire experience.

After 34 years of one partner after the next, 3 marriages, and polyplay in between, I finally found myself in a prayer filled tantric lovership, connecting deeper then ever, and dedicated to pure devotion of each other as sacred beings.

This is humbling.

Experimenting with this guide gives you an opportunity to learn more about each other, and co-create a daily practice, meant to be shared in partnership, but can be adjusted to relate to yourself as well.

How intimate are you actually with yourself?

These explorative exercises and simple suggestions are intended to bring you to learn the enriching gift of cherishing, adoring, honoring, and appreciating self and other.

Inviting this healthy option into your present relationship circumstances, recognizes the longing for divine union, confirms the safety to be vulnerable, and exposes your authentic preferences.

May these questions and ideas stir and invoke a supportive brew of passionate emotional connection. May this inspiring map of ancient bridged with modern techniques assist your relationships evolution.

May you truly feel the respect your sacred heart and body so deeply deserve.

## *Let's Begin:*

*In your current relationship what  
is your current Intimacy level?*

*1. Beginning 2. Curious 3. Explorative 4. Transformational*

*“Intimacy is the capacity to be rather weird with someone- and finding  
that that’s ok with them” -Alain de Botton*

**Intimacy tends to hold four areas...**

**1. spiritual 2. emotional 3. intellectual 4. Sexual**

The following focused questions (for you to ask each other) touch on all 4 areas...



### **Spiritual:**

- What is your personal relationship with your Spiritual life?
- How do you actually pray?
- What is your core belief in God? Goddess? Creator? Great Spirit?
- What challenges you about my personal choice of Spirituality?
- Are you open to us praying together every day?
- How do you feel about us deepening our spiritual connection and the change it will inevitably create?



### **Emotional:**

- How have I hurt you, in the last week, with my words, actions, or attitude?
  - Do you usually share with me the way you truthfully feel?
  - How does being radically honest and transparent look like and feel like to you?
  - Is there anything from your past, that you have chosen not to share, due to embarrassment or shame?
- If you could return to your past, in this life, is there anything you wish you could change?

“Love is an ocean without shores. You have to jump in, never to come back...This isn't a path for cautious people.” –K Singh



## Intellectual:

- What do you spend most of the time thinking about?
  - In what ways do you think you are heard?
  - When do you think you are not being heard?
  - Is there a new dream or longing that is on your mind?
  - Do you think that you can share anything with me, without criticism?
  - When you share excitement with me, do you think I value you by my response?
- When we are having a disagreement, do I dismiss or disrespect your opinion?



## Sexual:

- What is your current feelings of our Sexual Union?
  - Could we openly talk about our Sexual experiences more?
  - What else could we do to educate ourselves to fulfill our Sexual needs?
  - What is your relationship with pornography?
  - When you were a child, how was sex viewed in your home?
- What are the old stories about sex that you bring into our current relationship?
  - Are you willing to pray aloud while we Make Love?
  - Are there any triggers of wounding that you experience during love making?
  - Are there other experiences you want to explore sexually?
  - Are there any challenges you experience in the dynamic of our love making?
  - What are your favorite aspects of our love making?

## Further Self and Partner Inquiry:

*“There’s nothing more intimate in life than simply being understood.  
And understanding someone else” -Brad Meltzer*

**To understand and deepen your intimacy these questions create an opportunity to get REAL with each other, without making assumptions and creating unmet expectations.**

- Why are you here, on planet Earth, now?
- What holds you back from being your best?
- What do you like/dislike about your self the most?
- What does your ideal partnership look like?
- What are you afraid of?
- What brings you the most joy?
- Who are your heroes, role models, archetypes or mentors?
- What is your 1st and 2nd language of love? (Service, Words of Affirmation, Physical Touch, Quality Time, or Gifting)
- What are your childhood core wounds?
- What tools do you have to deal with anger?
- How do you creatively express yourself?
- When do you feel the most centered and in your power?
- What motivates you to live?
- What is Magick to you?
- How do you touch the world with beauty?
- What inspires you the most?
- When have you felt the most successful?
- If you could change the world in one way, what would it be?
- What does Community mean to you?
- Have you ever had to sacrifice something you love, for something you believe in?
- What do you think happens when you die?
- Do you fear change?
- Have you ever witnessed a miracle or some unexplainable phenomena?

- How do you love yourself?
- When you self pleasure, what turns you on?
- How do you experience Empty Presence?
- As a child, what was your relationship with your Mother like?
- As a child, what was your relationship with your Father like?
- What is your relationship with your parents now?
- What is your relationship with your siblings?
- What is your parent's sexual relationship?
- Has there been sexual, emotional, verbal, and/or physical abuse in your past?
- What does Commitment mean to you?
- When have you broken your Commitments?
- What does a healthy Marriage and a healthy Unwinding of Vows look like to you?
- What are your biggest judgments about yourself?
- What cultural traditions do you hold or value?
- What values guide your actions and decisions in life?
- What are your favorite Medicines?
- How do you heal yourself?
- What are your perceived inadequacies of yourself?
- How have I met your needs?
- If I could say what you really wanted to hear, what would that be?
- What advice would you give to the Youth of today?
- What are your present lifetime goals and ambitions?



*PLEASE GET YOUR ASTROLOGY CHARTS READ, so you may have a deeper*

*understanding of your behaviors. IT IS HUGEY HELPFUL!*

## Intimacy Inspirations

Creating Sacred Ceremony  
As a Morning or Evening practice:



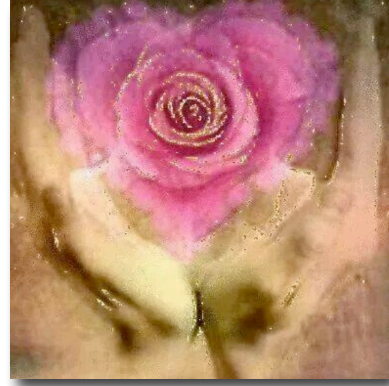
- Co-create an Alter dedicated to your Relationship & the Elements
- Brush each others Hair
- Adorn self or partner with Shawl or Jewels
- Anoint self or partner with the Elements of Earth, Air, Flame, and Water
- Tone/Om together
- Share Mantras/Mala Beads
- 3 min of Silent Meditation
- 3 min of Breath of Fire
- 3 min of Eye Gazing
  
- **YabYum position:**
  - 3 min of Synchronized Breath, Chakra focused
  - 3 min Reciprocal Breath, Heart focused
  
- **Ideas for Yab Yum:**
  - Internally chant Shiva Shakti
  - Visualize the Rays of the Sun & the Glow of the Moon
  - Visualize the Double Serpent Rising and Kissing Overhead
  - Closing Prayer of Gratitude/Set Intention/Dedication for the day

- Bow to each other and the Altar
- Make Love and Feast

## Intimacy Inspirations 2:

*"True love is not a hide and seek game;  
in true love, both lovers seek each other"*

-Michael Bassey Johnson



### QUICKIE MORNING PRACTICE:

∞ face each other, hold hands, each speak:  
Gratitude, Apology, and Blessing

### ELEMENTAL INTIMACY IDEAS:

**Earth:** massage, food, walking hand in hand, gardening, partner yoga/dance

**Air:** breath-work, singing, communication, affirmations, meditation, read to each other

**Fire:** passion, creativity, healthy anger, heart warmth, sexual alchemy

**Water:** bathing, emotional connecting, sacred fluids, anointing, tea/elixir ceremony

## COUPLE'S AFFIRMATIONS:

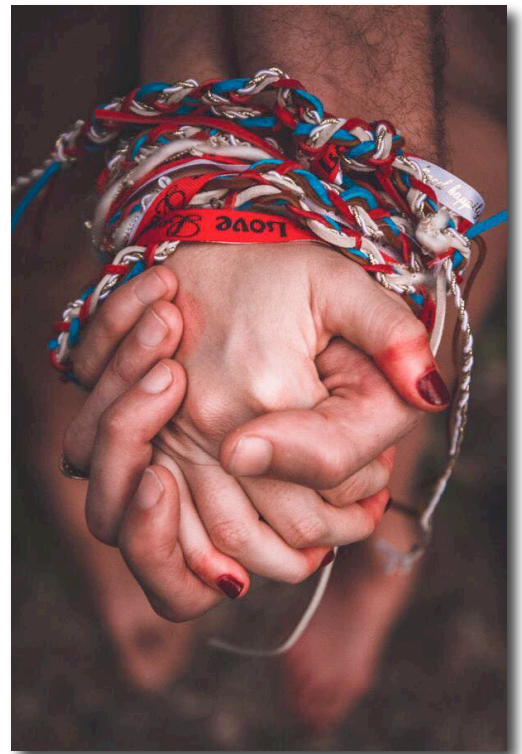


- ❖ I am so grateful we adore each other and we are totally available to share this creative time together, inspiring our community and the world with the depth and dedication of our devotion to our Higher Selves, and the health of our relationship.
- ❖ We appreciate each other, have loving clear communication skills, are balanced in our time together, and find incredible bliss by praying and playing together.
- ❖ We are happy, healthy, and harmonious and are in total alignment with our Soul's Path.
- ❖ We are nourished, honored, and respected by our choices.
- ❖ I am so grateful we are able to Serve, Protect, and Provide for each other.
- ❖ Our Spiritual Practices are so beautiful and honoring. Our devotion is heart centered. we believe in ourselves and believe in each other.
- ❖ Our timing and creations are in total resonance with success and abundance on every level.
- ❖ We are embodied love, strength, and grace. We have **Supportive Allies** that inspire us!

## Divine Partnership Vows:

*"Your words create Spells...use them wisely with your Beloved. Their heart is the greatest jewel you shall ever hold."* -Graell Corsini

- May we walk side by side as one, in our Soul's purpose, to support our family and community.
- May we honor the divinity within each other in our words, actions and thoughts.
- May we consistently inspire growth and nurture each other's choices.
- May we be open to communicate our needs and feelings with honesty and clarity.
- May we excite each other's erogenous zones by our playfulness and joy of life.
- May we be open to being seen in our vulnerability, allowing acceptance and authenticity to guide our expression.



# Understand your Partners Love Language



**Read:** *The Five Love Languages* by Gary Chapman

*The FIVE LOVE LANGUGES ARE:*

1. Service
2. Words of Affirmation
3. Physical Touch
4. Quality Time
5. Gifting

What is your FIRST language of love?

Of course we appreciate all of these love languages, but which one really sparks and speaks to your heart?

Which language do you give to express love?

Which language do you really enjoy receiving, and feel most loved with?

When you are aware of your own, and your partner's love language, it creates an entire new opening in the dynamics of your communication. You get to literally choose how you can support each other's highest level of "needs being met" through making effort to embody the love language, because you truly care about each other.

## Other Books we recommend To Inspire Intimacy:

- Men are from Mars, Women are from Venus  
*by John Gray*
- NVC Non-Violent Communication *by Marshall Rosenberg*
- The Four Agreements *by Don Miguel Ruiz*
  1. Be impeccable with your word
  2. Don't take anything personally
  3. Don't make assumptions
  4. Always do your best
- HE Understanding Masculine Psychology  
SHE Understanding Feminine Psychology  
*by Robert A Johnson*
- Jewel in the Lotus, the Sexual Path to Higher  
Consciousness *by Sunyata Saraswati and Bodhi Avinasha*
- The Shared Heart, Relationship Initiations and  
Celebrations *by Barry and Joyce Vissell*
- The Magdalen Manuscript, The Alchemies of Horus and  
the Sex Magic of Isis *by Tom Kenyon and Judi Sion*  
(Loaded with channeled ancient techniques)

# Intimacy Practices

## Pranayama

*alternate nostril breathing*

- Activates the masculine and feminine channels in your body,
  - Creates harmonic balance
  - Solar/Warming/Right Nostril
  - Lunar/Cooling/Left Nostril



# Sacred Erotic Love

“In the union of two loving hearts, is the unity of God”  
-Hazrat Khan

*Definition of Erotic-* is a feeling quality that causes sexual arousal, sensuality, and romantic love.



Consider offering  
your Love Making to  
a Deity...

- Eros
- Aphrodite
- Shakti
- Shiva
- Lord of the Forest
- Lady of the Lake
  - Krishna
  - Radhe
- Venus & Adonis
- Sita & Ram

*“Become loving. When you are in the embrace, become the embrace. Become the kiss. Forget yourself so totally that you can say, "I am no more. Only love exists." Then the heart is not beating, but love is beating. Then the blood is not circulating, but love is circulating. Then eyes are not seeing, love is seeing. Then hands are not moving to touch, love is moving to touch. Become love and enter everlasting life. Love suddenly changes your dimension. You are thrown out of time and you are facing eternity. Love can become a deep meditation, the deepest possible. Lovers have known sometimes what saints have not known.” ~ Osho*

## Ethereal Light Lingam - Yoni Penetration



### The Practice:

**To Begin:** Practice sexual abstinence: for a few days, then dedicate a day of conscious foreplay, tantric kissing, keeping lingam and yoni draped, sensual massage, erotic mirrored movement, toning, allow the flow of energy to flood the body, tune in and recognize the electric and magnetic pulse, and pray aloud:

*“Help us, oh Great Spirit, to merge our hearts and souls as we now merge our*

*bodies together, in this holy union transcending the illusion of separation, surrendering to the eternal bliss that is our divine nature.”*

**Male partner visualizes:** a coiled Serpent unraveling from spine, send snake energy from the Lingam into the Yoni up thru your female partner’s spine, and up thru her crown, and then see the double Serpents kiss followed by a dive down to the root again to repeat.

**Optional:** is to allow the energy to cascade like a flowing waterfall of light thru the auric field.

**Practice Self-Pleasuring back to back:** When approaching climax, and the energy is at it’s height, tighten your root, and inhale sending the energy upwards and send to whatever chakra you would like to amplify. *Give. Expand. Trust. Merge.* Allow yourselves to fly further into the light of Oneness. Feel the love of each other, of self, and keep inviting God and Goddess into your Practice

## Treasures to focus on and Practice...

**Body:** physical exercise, food growing/prep/sharing, conscious touch

**Heart:** compassion, nurturing, loving and honoring connection

**Mind:** meditation, intellectual stimulation, conscious communication

**Remember:** Write love letters to self and each other often.



Explore and Honor each other's bodies often!

### Suggested Practices:



#### Sensual Stimulating Touch:

Stillness, long caresses, firm, light scratching, percussive

**Movement Connection:**  
mirroring, shared leadership, partner yoga, choreographed movement, ecstatic dance

#### Gentle Body Nurturing:

Full body heart to heart hugs, Spooning, Holding Hands, kissing, Massaging, More often.

## PRACTICING YAB YUM

*Swami Vivikarma says... "Yab Yum is snatching the pearl of wisdom from the mouth of the serpent."*

*In Tibetan: Translates to "Mother-Father"*

*Represents the aspects of Shiva and Shakti, the complimentary energies of the Divine Masculine and the Divine Feminine.*



It represents the primordial union of wisdom and compassion, depicted as a male deity in union with his female consort.

You can use this practice on its own as a daily meditation or before, during, and after lovemaking.

**Yab Yum** begins with simple eye gazing. If possible, both participants can begin sitting on their heels, with their knees touching the others.

**When ready**, the man sits crossed legged or in Lotus (half or full) and the woman gently climbs on top, with her legs wrapping around and crossing behind her partners back or with her

feet touching sole to sole, then slowly bring the foreheads together to gently touch for a Tantric (3rd Eye) Kiss. At this point all the chakras of the couple are aligned and beginning to activate. You can have your hand in a few positions. One suggestion is to have each partners hands on the others back of the heart, or another option is to place your left hand at your partner's base of their spine and the right hand either at the heart or above the heart at the top of the spine (this position with the hands, brings the energy at the base of the spine, up to the higher

chakras). *Now, you may begin to work with the merge of breath.*

*We choose to begin our practice with, 2 or 3 minutes of eye gazing, and then we move into the Yab Yum.*

We start with Harmonized or Synchronized breathing, which translates to both of us *inhaling and exhaling at the same time*. During this meditation we are visualizing serpents of energy starting at the base of our spines and moving the serpents up thru the chakras. Pick a visualization that works for both of you, one that feels really good.

*Also during the inhale, its good to practice to tighten your perineum or lift your pelvic floor, which raises the energy up thru the chakras. Then after 3 minutes of Synchronized breathing, we switch to Reciprocal breathing where *one person is inhaling as the other is exhaling*. This is symbolic of your willingness to give and receive with the other. You can switch tightening the perineum upon the exhale as well. During this part of the practice, you can visualize a sacred symbol of your choice. We love the Merkaba at the heart. This will help strengthen and enforce the psychic energy betwixt the two of you.*



### **Key points to remember:**

- Yab Yum harmonizes Masculine and Feminine energies and is a means of turning physical connection into a vehicle for enlightenment.
- It works to align your spines and thus your chakras.
- Focus and Intention are incredibly important.
- Synchronized and Reciprocal Breathing support the Divine Union circuitry.
- Practice your visualizations and use your hands and intentions to move the energy.
- Yab Yum is a great way to start off love making, and it is also an excellent way to end lovemaking.
- During love making, before the man reaches climax, you both can go into Yab Yum, with the Lingam inside the Yoni, and support the accumulated energy created to travel far together into this connecting meditation.
- You can submerge deep with this practice, and you can begin to shift lower base

sexual energy into a tool for awakening into your vast and fullest potential.

## The Tantric Kiss



*As shared by  
Sunyata Saraswati and Bodhi Avinasha  
in the book, “Jewel in the Lotus”  
and slightly adapted*

“The Tantric Kiss” is a Yogic greeting posture in which two people rest their foreheads together for mutual meditation.

**The Kiss** can be done standing, reclining, or sitting in the Yam Yum posture (limbs embracing). Anointing each other’s third eye, and touching the moistened forehead together synchronizes your brain waves. Holding and feeling each other synchronizes heart beats. Synchronizing brain waves and heart beats in union has a positive correlation to ESP (extended sensory perception). Moistening the forehead produces a better conductivity.

**The psycho-spiritual Kiss** benefits your health. Using Kirlian photography, Thelma Moss has shown that two people feeling warm sympathetic emotions toward each other, produce emanations which reach out to each other, and sometimes merge into one pattern. Just as our physical birth depends upon two seeds, there is psychospiritual birth when two people put their heads together. The health benefits come from relaxation and a joyous security which subconsciously persuades the body that life is worth living. Practicing joy daily promotes self - purification and longevity. The quality of life also improves because joy is contagious and conducive to socially productive work.

Another important benefit is that, with repeated practice, the Tantric Kiss produces a telepathic communication. Patience is necessary since it takes a while to learn each other’s language.

### **The Tantric Kiss and Human Evolution**

“The psycho-sexual kiss transcends the random genetics of procreation and also allows parents to design a healthy and evolved Human being (Human= mind of light). Repeated Tantric Kissing before intercourse, the Tantric Kiss can psychokinetically fix the sperm race so that the most compatible sperm fertilizes the ovum. After conception, Tantric Kissing promotes the best embryonic development....”

“Your needs and desires have nothing to do with your Beloved’s self worth.”

-Suma Shankara



Thank you for your bravery and choice to engage in this Couple’s Spiritual Intimacy sharing *held in love and devotion by heart mates: Graell Corsini and Suma Shankara*





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