

10 SAFE + SEXY DATES TO CULTIVATE SENSUAL CONNECTION



**THE
TANTRA
QUEEN**

INTRODUCTION:

Heyyyy SEXY + SENSUAL CREATURES!

Welcome to creating a more conscious and sacred relationship.

For those who don't know, I'm Andreja AKA The Tantra Queen, and I've spent the last 7 years exploring Tantra, sacred sex + holistic health. I received my 600HR Certification in Sex, Love + Relationship Coaching through the Tantric Institute for Integrated Sexuality. My mission is to help everyone experience their body and sexuality in a more positive way, explore how this might feel from an integrated perspective and to feel empowered within their communication around sex to offer a more fulfilled and complete life.

I look forward to sharing my sexy tips with you!! These tantra based high-quality intimate Dates will deepen your sexual partnership, create new energetic connection, as well as unearth information about yourself. You will receive win-win results from showing up and choosing vulnerability.

For best results, I recommend establishing consent from yourself and your partner before moving forward.

In these Dates, I will mention a *Feel Good Stage*. This refers to the Date Set-up. Music, candles, crystals, furry blankets, soft sheets, incense, Palo Santo, chocolate or anything that will lead you to feeling good. Setting the mood matters.

These Dates were initially built to support Quarantine Couples but they will be relevant even after the Pandemic has passed. Many of my Long Term Relationship (LTR) people have requested this content!

These dates have been organized to build one after the next, but have fun; jump around if that feels better, listen to yourself and do YOU!

I'm here to serve you, to help you feel good and of course above all, experience PLEASURE!

TO SEX, LOVE + LIFE,
ANDREJA MARIE BOURKE

THE TANTRA QUEEN LLC

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Date #1 : Audio Only Phone Sex

AUDIO ONLY PHONE SEX:

Phone sex?

I know, I know, I think we've all tried this before and maybe it felt weird, uncomfortable or awkward. Maybe it felt steamy, fun and silly!

Either way, I'm here to break it down and make it feel Juicy AF.

Voices are sexy. Words are sexy. Communication is sexy. Let's compile them together and have a sexy date.

Once you've discussed consent and decided to commit here are the following steps for **HOT PHONE SEX**:

- Use this as an opportunity to share what turns you on, what you like and what things really get the motor going.
- Back WAYYY up. Start the date way before you think it should start. Example: arriving home from work, meeting in a location, start the phone sex when the date would begin. This gives you more time for communication, build up and foreplay!
- FLIRT! Take this time to really brush up on your flirting. Don't worry about being corny or sounding silly - the whole point of this is to explore! Your partner already likes you, so stay confident and be yourself!
- Have fun with the words! I learned in poetry class to *really experience* a word when you say it. Taste it, feel it, smell it, hear it, see it - really dive into the words and see what shows up!
- Allow for **PLEASURE**! Could this lead to sexual stimulation? I hope so. Will it lead to self pleasure, shared sex experiences and something you've never tried before? Maybe! This doesn't mean it NEEDS to. Experiment with both.
- Have lube, coconut oil or whatever products you like to play with nearby, in case you go there!

Adapted for LTR Couples:

Make old school Tin Can Telephones. Find a way to separate your space and still have privacy (maybe a closet, separate rooms, etc). Proceed as if you weren't under the same roof. HAVE FUN!

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Date #2 : Sacred Sexting

Sexting is probably one of the most playful ways we can have fun with our partners. With meme, gifs and emojis the options are really limitless.

So, how can we make this experience sacred and electric?

SEXTING 101:

- Use this time as a way to share where you have hard stops, what doesn't work for you, what may make you feel turned off and where you don't want to explore just as much as the green 'go's' and what does work for you.
- Because this is text and not voice - it feels easier to communicate things that aren't working for you. I like sharing 'no's' in this way: This I would enjoy, where as that would lead me to feeling exposed, unsafe or not turned on. I lead with a positive because I care about my partner but I still share what I want to discard because I care about myself.
- It's ok to have moments of truth. Although our conditioning will label these as awkward - it's amazing to share moments of raw + real and will provide you with major growth and clarity around who you are and what you want.
- Feel free to take turns being a top! This means each partner can take turns leading the way through the pleasure sexting while the other partner spends more time responding.
- Take it a few steps further by sharing imagery and photos that have you feeling frisky, excited and turned on. Included but not limited to: gifs, memes, links, screenshots, songs and so much more.
- Allow for **PLEASURE!** Although I will forewarn it is difficult to play with one hand. I often us voice command to send these messages if I'm down to single digits. Also it's ok to go off book and let each partner explore on their own when the timing feels right.
- Have lube, coconut oil or whatever products you like to play with nearby in case you go there!

Adapted for LTR Couples:

Make this interactive by passing notes instead of text. Taking even a step further by turning the text into your story line and using nearby props as your image / meme / emoji. This could look like: playing a song for a certain series of messages, using books, figurines, literally anything to make it more of a live story! Get creative, lose your ego and try to keep your hands off one another.

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Date #3: Pleasure, Point + Click

FLASH. LIGHTS. CAMERA.

SENSUAL PHOTOSHOOT:

- First off: Be Playful! I know, exploring intimacy can be uncomfortable at first, but this is about expansion and choosing pleasure over fear.
- Lighting is your best friend! Natural light will always win, but if you need to make lighting use as many lamps, bulbs, flashes etc as you can find to really give yourself that dynamic glow.
- This doesn't have to be a glam shot - it's about having an expressed shot. One that looks like you, feeling yourself, being turned on by yourself and sharing the moment through photography with someone specifically chosen.
- Use Props! This could be outfit changes, different footwear, different locations, different elements (hello honey, water, plants, whipped cream!) Think outside the box. Think about pleasing yourself, expressing your identity and arousing your partner.
- This is also a great activity for getting comfortable in front of the camera! None of us know how long this Pandemic will go on for and it seems more and more we are in front of cameras and video.
- This is for **PLEASURE!** Whatever comfort level you're at, explore. Nudity is not required and leaving room for the mind to wander is VERY sexy. Participate in a way that feels good to you and within your individual integrity.
- Have lube, coconut oil or whatever products you like to play with nearby in case you go there!

Adapted for LTR Couples:

Two options:

1. ROLE PLAY! So fun + frisky to play one person as the Model and the other as the Photographer. I'm wet just thinking about it!
2. Finding a space in the shared space where you can be alone and get creative. Think shower, kitchen, available outdoor space - find a way to get the shot without them knowing, so you can surprise them with personalized pics :)

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Date #4: Fears, Wants + Desires

FEARS, WANTS + DESIRES:

- Why this exercise works: Showing up and sharing private and cherished pieces of who you are can be really scary! It can also feel rewarding and like a huge relief. Utilize this exercise as a way to step into a more authentic version of yourself.
- It works, like it sounds! Take time to share what your fears, wants + desires are. Either share all 3 then switch or break it up into 3 different categories and share one at a time.
- This works best if you give each segment a topic. Example: Love, trying something new sexually, a new career or anything life related as all things affect our sexual health.
- It feels simple, but once you do the exercise you'll feel more than simplicity.
- How is this for **PLEASURE**? Taking the time to establish who you are, what your real truths are and how you navigate yourself because of these things leads to feeling liberated and free which provides expansion in pleasure. This is a process of surrendering, sharing and exposing.
- I recommend doing this virtually face-to-face. Try doing the exercise together or prepping alone and sharing the results together. If you are interested in exploring something your partner mentioned, ASK for permission to investigate. "May I ask more about that? Or would you like me to only witness?". Witnessing is being present and listening but not giving feedback, reflection, or follow up questions. Be respectful.

Adapted for LTR Couples:

This is a beautiful in-person exercise and I recommend doing it in a comfortable position, facing one another within a *Feel Good Stage*. This could be candles, smell goods, foods you like, music, crystals, fuzzy blankets and any thing else that feels good.

This exercise is flexible:

- Answering each segment separately then sharing (written or aloud)
- Taking one turn to answer each and choose to be witnessed or receive feedback, reflections then switch turns
- Choose a topic at the beginning for a bit of direction.

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Date #5: Writing Erotically

WRITING EROTICALLY:

I love doing this in the form of spoken word, but any type of writing here is welcomed. The point of this to move outside your comfort zone, and/ or encourage your partner to. If this comes naturally that's perfect too!

Prompts:

- What do you want to write about? A person, a place or a thing?
- The first time you saw your partner? The first memory you have with each other? A sacred sexual experience?
- Your favorite fantasy? Something you'd like to explore or maybe even an extension of one of your previous dates?
- A trip that ignites your passion? A memory that burns desire inside of you? A total made up date with one another?

Explore poetry, spoken word, essay, letter, novel, haiku, prose or any other way you find tickles your fancy during this Date.

PLEASURE Purpose: Challenging yourself to write down how you feel, reflect on composing a real vision and communicating through literature erotically is not only a healing + healthy practice for Self-Evolution, but sharing the process will stretch + strengthen the partnership.

Decide:

- What you're going to write, when you'll share the pieces and how.
- The how is important! This is a Date move in itself! This could be as big or small as you want! Each person can decide their own delivery too.
- Really lean into being stimulated when you're writing, aroused when sharing, activated when you're gifting your piece to the other partner.
- Take each moment as an opportunity to get wet! This can be foreplay, during play or after play.

Adapted for LTR Couples:

All the same rules apply here. Choose when, where, how etc you'd like to share your erotic writings and commit to the delivery with one another. IF you're quarantined together I would likely use this as foreplay :) just a suggestion!

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Date #6 : Tantalizing Taste Turn-On

TANTALIZING TASTE + TURN ON:

Food is one of my favorite things. I blame it on my Taurus ways, but I simply love tasting, experiencing, enjoying and getting down + dirty with food.

The Virtual Date:

- An enticing meal together, in a new way! This can be cooking, ordering take out or something simple yet delicious.
- Setting a *Feel Good Stage*
- Describing each tasted item without using ANY food related words! This is much more challenging than it sounds, and always provides a really satisfying time. You can put your new erotic writing skills to the true test! Surrender into something playful, light hearted and deliciously new.
- If setting the stage prevents you from doing the Date, ditch the 'stage' settle for a candle, incense or something easy.

Remember, these Dates offer you a new portal toward connection, shared satisfaction and increased pleasure.

PLEASURE purpose: Taking the time to really slow down, completely taste our food and sit presently during a meal, are all often overlooked because of our increasingly busy lifestyles. Take this time for you, your food and your partnership. When we tune in to our senses, we tune out of our anxiety, doubts or uncertainty which creates another avenue toward pleasure!

Adapted for LTR Couples:

OMGGGG! If you're lucky to do this Date under the same roof, I highly recommend feeding one another with sensualness, teasing, blindfolds, massage and anything else that would integrate the food with the pleasure. Edible clothing could be fun! Eating food off of one another could be cool. All while describing what your experiencing / tasting without any direct food words!

OOO! Somebody bring the ice!

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Date #7 : Video Visual Strip Tease

VISUAL VIDEO STRIP TEASE:

Stripping, unveiling and leaving room for your partners' imagination to wander are all incredibly seductive ways to lure your partner in. To generate build up, think about taking your time, moving exceptionally slow and layering up!

'But...I'm not a stripper'

If this is triggering for you - take time to understand your feelings around strippers and adult entertainment performers. Acceptance is the key toward personal growth.

The Virtual Date:

- Practice makes perfect. Run through a few dress rehearsals alone in front of your mirror to see how you look, move, and where you could improve!
- Have your playlist prepared. It's so much easier to move to the music that lights you up! I love R&B and hip hop for my playlists.
- Layer up. The more layers you have on, the more there is to slowly remove. This gives you more time to tease, create build-up and have your partner begging for more.
- Move slowly, consciously choose to slowly peel back the layers, carefully remove each string or thoughtfully slide over that last piece of fabric.
- Costumes can help. If this feels a bit scary, choose to become a character. Choose a persona, find a costume and allow for the character to do the strip tease. I promise you, your partner is going to love this.

Recap: LOTS AND LOTS OF CLOTHES! Playlist. Be relentless with your teasing.

PLEASURE purpose: This date is about moving past comfort zones, choosing to be playful with sensual movement and developing a new sexy skill! Strip tease is so fun for video or in person.

Adapted for LTR Couples:

Get ready for full living room strip club! After the kids go down, the neon lights go up! I'm kidding but in all honesty, this is SO fun to do in person. Leave your negative associations with strippers behind and lean into your own personal performer side! Find ways to explore the exotic dancer in you. I would do two rounds.

Round One: No touching Round Two: Full Contact

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Date #8 : Mutual Masturbation

MUTUAL MASTURBATION:

There are 7 dates before this one on purpose. Sharing this exceptionally sacred and private piece with yourself is no minor matter. I can't emphasize enough how important it is to have a safe container with a partner you desire to build something powerful with before proceeding. This Date is insanely vulnerable and equally fulfilling.

The Virtual Date:

- Discuss at the beginning if you want to reach climax or not, how each individual will feel if they don't reach climax and why exploring this is important to you. Sometimes removing the climax can alleviate performance stress and provide more ease.
- Have tools (lube, toys, etc) ready and Feel Good Stage Set Up.
- My recommendation if you need a bit of 'fluffing' before this date, would be to start this Date with one of the other Dates to establish the container. Sharing fears + desires, doing a strip tease or even beginning with phone sex would help navigate the partnership toward safe sex play.
- Take turns being center stage and sharing what you like! Demonstrate by showing while describing what you're doing simultaneously. Not only is this a huge turn-on, but you're also teaching them what you NEED in the bedroom! Win-win!

PLEASURE purpose: This date is about informing yourself and your partner emotionally, physically, mentally and sexually. You're not only sharing a cherished piece of yourself with them, but they're doing the same in return AND you're learning more about their pleasure and NEEDS! This is safe, sacred and sexy way to explore one another while downloading more information on yo' sensual self!

Adapted for LTR Couples:

Doing this exercise in person offers a full sensory experience. Complete the same steps and opt for two rounds.

Round One: No touching Round Two: Full Contact

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Date #9 : Fooling Around with Films

FOOLING AROUND WITH FILM:

Creating deeply sultry and steamy homemade videos for one another is such a turn-on.

Choose between being completely clothed or totally naked for different types of content.

Always choose what you feel comfortable with and staying inside your personal boundaries.

The Virtual Date:

Allow your inner actor to come out and shine and create personal short films! You have SO many tools now to create this content. Get innovative! Here's a few ideas on how to share this exhilarating content:

- Filming needs, wants + desires in a titillating way
- Filming and editing your striptease to be taunt and activate turn-on
- Creating an lustfully written piece and acting it out on film
- Film yourself eating foods in a suggestive way
- Having your partner develop the script and you act it out!

Remember, you've already experienced SO many ways to investigate intimacy throughout these Dates and now you get the opportunity to construct something personalized for your partners' keepsake.

PLEASURE purpose: To approach your sexuality in an artistic way, while pleasing yourself and strengthening your partnership in mindful way. Stretching our comfort zones within our sexuality provides us with growth in every area of our lives.

Adapted for LTR Couples:

This Date will be the same for both parties. I would still recommend developing the content, finding an enjoyable way for delivery and even honing in on new editing skills!

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Date #10 : Surrendering Show + Tell

SURRENDERING SHOW + TELL:

This Date will crack you open like you've never encountered before. During this Date you are selecting to bare your full energetic self and genitalia to your partner. This is extremely personal and intimate. It's very important to seal this Date in a way that feels good. Close by cuddling, hand holding or sharing a snack or meal together. Choose to stay connected after the Date.

The Virtual Date:

- After you take the time to set a *Feel Good Stage*, secure the container of safety and both agree to the Date its show time baby.
- One partner will start as the 'Surrendering Show + Teller' (SST)
- SST will begin by baring their body in full exposed form, while describing the favorite parts and not so favorite parts of their body. As this happens, the person is not only investigating their own body, but sharing the learnings and understandings of the investigation with the other.
- As one 'Shows' the other 'Receives'. When the SST feels complete, the receiver will take this time to go over all the pieces of the body the SST didn't love and reenforce their beauty and brilliance. I call this the Compliments Shower.
- The Compliments Shower is crucial. It's the moment where you feel completely seen and accepted by your partner.
- After both parties are complete, switch roles.
- Complete the Date by thanking each other for showing up, being courageous and allowing to witness.

This exercise has two rounds:

Round One: the Physical body. Round Two: the Sexual Body / Organs

PLEASURE: Sharing our insecurities while being completely exposed provides an opportunity to surrender and push past limiting narratives. When we shine light on the ideas or attributes we think our partner can't handle, and give them the opportunity to fully see and accept us which is mind blowing and totally freeing.

Adapted for LTR Couples:

This Date will be the same for both parties. You could choose to add physical touch into this date if you're in person. Refrain from love making until the very end of the Date.

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