JAR OF LOVE WISHES

These are suggestions that are sourced in simple tantric practices, intimacy cultivation skills, and a trauma-informed healing approach. Just print them off and use them or get inspired to make your own. Tailor them to suit your gender/partnership/authentic desires.

Tell me what makes me special to you as a lover.

Put your hand over my heart and fill it with your love.

Post something wonderful about us on Facebook.

Slow dance with me.

Remind me that you’re here and not going anywhere.

Talk to me about our future together. What do you see? What do you want to create with me?

Cuddle up and read to me from one of the books that I love.

Tell me how I make you feel like a man.

Tell me what it is like to be loved by me.

Tell me one thing that you find beautiful about my body.

Tell me something you respect about me that you think you’ve never said out loud to me before.

Tell me you love me and ask me to repeat back to you that you love me until you feel like I’ve really taken it in.

Find out together what our attachment styles are and how we can understand that and love it best in each other.

Tell me a sweet memory that you have of the two of us.

Send me a romantic text.

When you are making love with me, pause and tell me that you love me.

Touch my body as if it’s made of delicate gold.

When you’re laying with me, find the rhythm of my breath and breathe with me.

Hide a love note somewhere for me to find.

For the next week, end the day by sharing with me three things you are grateful for about me; how I show up for this relationship and for you.

Tell me what soul custodianship means to you, and ask me what it means to me.