

Erotic Intelligence, Curing Low Libido, and Somatic Movement with Jamie Elizabeth Thompson.

Episode 20: Show Notes.

On the show today we are joined by Jamie Elizabeth Thompson who is a sex coach and intimacy expert, helping couples achieve a more fulfilling and connected sexuality and increased libido through erotic intelligence and somatic movement.

Jamie has designed a number of online courses for her clients to access their desire more successfully, with an emphasis on communication and self-awareness.

In our conversation Jamie lays out the useful concepts of her work and how they fit together to support the purpose of owning our sexuality and relating this to someone else.

We also talk about simple starting techniques in battling low libido, embodiment, foreplay, a sexual calendar and Jamie's own Erotic Menu™.

We finish off with some thoughts on how to share your own desires with a partner and how much this can benefit all areas on one's life.

Key Points From This Episode:

- Jamie's background work in relationships and how she ended up working with couples.
- Somatic movement reprogramming and body awareness.
- Understanding the concept of erotic intelligence.
- The key to erotic intelligence and the first steps to take on a path to increasing yours.
- Jamie's advice to those struggling with low libido.
- Turning the body on and using embodiment to get out of your head.
- The importance of foreplay and navigating different needs.
- Sexy scheduling and making time for intimacy in a busy life.
- Jamie's Erotic Menu™ and how it outlines different ways we give and receive.
- Creating our own 'training manual' and sharing it with a partner.
- And much more!

Tweetables:

"I found that the way that we approach our sex life ended up being a consistent thread throughout everyone that I had worked with has the place to begin working." —
@Coach_Jamie_ [0:02:08.8]

“I think that communication is the key to erotic intelligence.” — @Coach_Jamie_ [0:06:55.3]

“When our autonomic nervous system is running really high, we are not able to access turn on. Our body can't be sexually turned on because we are in survival.” — @Coach_Jamie_ [0:23:18.3]

Links Mentioned in Today's Episode:

Jamie Elizabeth Thompson — <https://jamieelizabeththompson.com/>

Jamie Elizabeth Thompson on Facebook — <https://www.facebook.com/missjamieelizabeth>

The Erotic Menu™ — <https://jamieelizabeththompson.com/eroticevolution/>

Dr. Esther Perel — <https://www.estherperel.com/>

The 5 Love Languages — <https://www.5lovelanguages.com/>