

21 KEYS TO SEXUAL CONFIDENCE & MASTERY

A Tantric guide for Men Ready to Lead in
Bed & Beyond



the visionary.
i n s t i t u t e

A bit of my story

Before we begin, I want to introduce myself. You're probably wondering who I am and why I created this guide.

My name is Lya Serrano — I'm a Sex & Relationships Educator and the founder of The Visionary Institute.

For a long time, I was living mostly in my head. Focused on performance, always doing, always achieving. I always say my biggest wake up call was my Sexuality

I often felt numb during sex. I didn't know how to fully express what I wanted.. I would get stuck overthinking instead of feeling or ashamed for wanting more.

Sexuality became the doorway back to myself.

It was through reconnecting with my own body, my feminine energy, and my sexual aliveness that everything began to change. **I found in my feminine energy a deep strength - that invites men into honesty and depth.** And in doing that, my entire life changed.

And along this path, I also began to see something else: how many men are suffering in silence.

How much pressure there is to perform, to lead, to "get it right," while often lacking real spaces to feel, to be met, and to be guided back to their power.

LET'S CONNECT

So much has been taken from men when it comes to sexuality.

And yet, **we - as women - need you in your full power.** Not power over, but embodied power. Presence. Clarity. Desire that's rooted in heart.

That's why I created this guide.

It brings together the most essential insights I've gathered from years of working with conscious intimacy, tantra, non-traditional relationship dynamics, and psychedelic therapy for sexual healing.

If you're here, I believe some part of you is ready — not just to be a better lover, but to feel more whole as a man. To come home to yourself.

I invite you to move through this guide slowly, with curiosity.
One key at a time can be enough to shift everything.

Enjoy it

Lya Serrano

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5 AREAS TO BECOME AN EXTRAORDINARY LOVER



Communicative



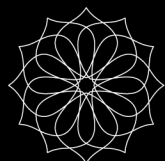
Physical



Emotional



Energetic



Spiritual

Communicative



01

WRITE DOWN WHAT YOU LIKED FROM AN EXTRAORDINARY SEXUAL INTERACTION

Many men and women I've spoken with struggle to know how they liked to be touched, how they like to be made love, how they like to be worshipped in bed by their partner

This happens because of a lack of awareness about themselves and their sexuality. **If you cannot name what you desire, you probably cannot request it neither**, and you might end up bored or disenchanted.

How to shift this? **Start taking notes after sex**. Yep. Whenever you have an amazing sexual interaction with your beloved, yourself (or previous experiences), write down:

- what is it that you liked
- what is it that made it extraordinary
- what is it that you would like more or less



THE LIFE DINNER

Brad Feld is a multi-millionaire and venture capitalist, during an interview with Tim Ferriss he revealed a powerful monthly relationship meeting that he and his wife do. It's called "The Life Dinner"

The Life Dinner is a scheduled monthly check-in with your significant other. It's a time to build deeper intimacy and trust.

Creating TIME for Emotional intimacy is crucial in the success of any Extraordinary relationship. How to do a Life Dinner?

1. Schedule it on the agenda: same day every month. For parents is the perfect excuse to have also an exciting excuse to go out.
2. Share a Personal reflection your last month (10 min each)
3. Share a Relationship Reflection on the previous month (10 min each)
4. Share your Personal intentions/goals for next month
5. Together share your relationship Intentions/goals for next month



CREATE A RELATIONSHIP AGREEMENT

Conflict, anger, resentment and strong emotions such as jealousy and anger are part of life. Most couples will experience these emotions throughout the course of their relationship. **Conflict is unavoidable.**

But navigating conflict efficiently and lovingly is possible.

The easiest pathway for that is to have and build together a Relationship Agreement in paper.

A relationship agreement is a paper which you and your partner agree together upon your vision, values, and core areas such as communication, family, sexuality, etc. It's perhaps one of the most powerful ways your relationship will make you both grow because it holds you accountable to choose your relationship - and stay true to your joined values and agreements - even when things get difficult.

I usually combine the relationship agreement as a regular love review during the monthly check in's (aka Life Dinner) with my partner.

***In my 3-months mentorship with couples this is one of the tools we work together to build in paper to solve conflict in better and more connective ways.**



CREATE KEYWORDS

Your partner (just like you) is a complex beautiful being. I always like saying that being on a partnership is the biggest spiritual school.

It will reflect you all the parts of you that you haven't seen. And that can always become the invitation to also have a deep personal growth together.

BUT it is veeeery common to stay in what I call **"Trigger-land"** (your partner said/did something and you stay in the wound).

Here is what to do: create keywords to know what to do whenever this happens. For example:

- Trigger Alert: "I have a trigger, do you have space to share?"
- Sharing request: "Do you have 10 min for me to share you about something about how I experienced something that made me feel sad?"



START DIVIDING PRACTICAL AND SEXUAL COMMUNICATION

(ESPECIALLY FOR LONG TERM RELATIONSHIPS)

One of the biggest learnings I had in long term monogamous relationships is to stop trying to put my partner as my ALL IN ONE.

If you are in a long term relationship what might happen is that you share much more than your bed: you might share also household, mortgage, groceries, family - or even businesses. As Esther Perel says: **security is the antithesis of eroticism.**

So when you are texting your partner if they should buy toilet paper and bananas, it is very much likely that you won't get turned on to also make a sexy request or drop a sensual picture.

Start dividing your practical communication (household, groceries, logistics, love messages) **from your sexual/juicy communication.** **Use different apps.** You may even want to use a different name for the wild woman/ wild men texting there.



Physical



CARE ABOUT YOUR BODY AS A TEMPLE

Contrary to most of spiritual traditions and religions, Tantric tradition rooted in Asia, became a controversial meditation tradition because used the human BODY as a vehicle for more awareness. Using the body, implied accepting also that this body is a sexual being, with sexual organs and sexual energy.

Modern 4th-generation psychotherapy integrates somatic-inclusive principles from eastern traditions. Your body is your basic truth. And your own unique temple

- How are you care and mantain this temple?
- How do you speak to this temple: soft? hard? respectfully?
- How do you allow someone else enter your temple?

Becoming an exceptional partner and lover means being able to step in devotion to the temple/body of your lover. And it all starts with your own temple/body.



EXPLORE YOUR OWN BODY

When I started learning pleasure and therapeutic massage techniques, I remember I REALLY wanted to gain more practice and develop my skills.

What did I do? **Very easy, besides from my practice clients, every night I put myself naked in bed and touched myself practicing in my own body.** The result was mindblowing.

Become YOUR OWN best and most exceptional lover for your body. It will help you guide your lover/partner better

Here are a few useful tips to start exploring your body:

- Set up a timer for exploration. Start with 10 minutes every night for 7 days in a row
- **Start exploring your body with curiosity, with no goal, and without secondary agendas**
- Then slowly discover your erogenous areas
- Finally study and touch the anatomy of your inner genitals



WHEN TOUCHING YOUR LOVER, SLOW THE F DOWN

Perhaps the most common feedback I listen from women and female clients towards men is that they their male partner tends to go very FAST.

We live in a goal-oriented society where we are praised based on delivering fast and highly productive results. There is no surprise we tend to bring this approach to bed - unsuccessfully.

There is a crucial factor that will provide you with a deeper connection and the access to becoming an exceptional tantric lover:

SLOW DOWN

If you are touching your lover slowly - try doing it even slower
If you are penetrating her, go slow, present. If you are, do it slower



DIVIDE SEX FROM FEEDBACK SESSIONS

Most people tend to be a lot on their minds during sex. Why?

Because they are not pleased with how they want. They either hold back to give feedback not to ruin the moment. Or they give explicit feedback, which often makes their lover stuck in their mind.

The solution: Start separating lovemaking from feedback sessions.

1. **Have Sex Feedback sessions** as fun dates where you bring 1 thing you want to practice, or explore in bed. During these sessions, words and feedback is welcomed and encouraged. Keep it funny, light, and juicy.
2. **Keep lovemaking times separate.** Try keeping these moments without the fewer words possible. This will keep you out of the mind, and more connected.



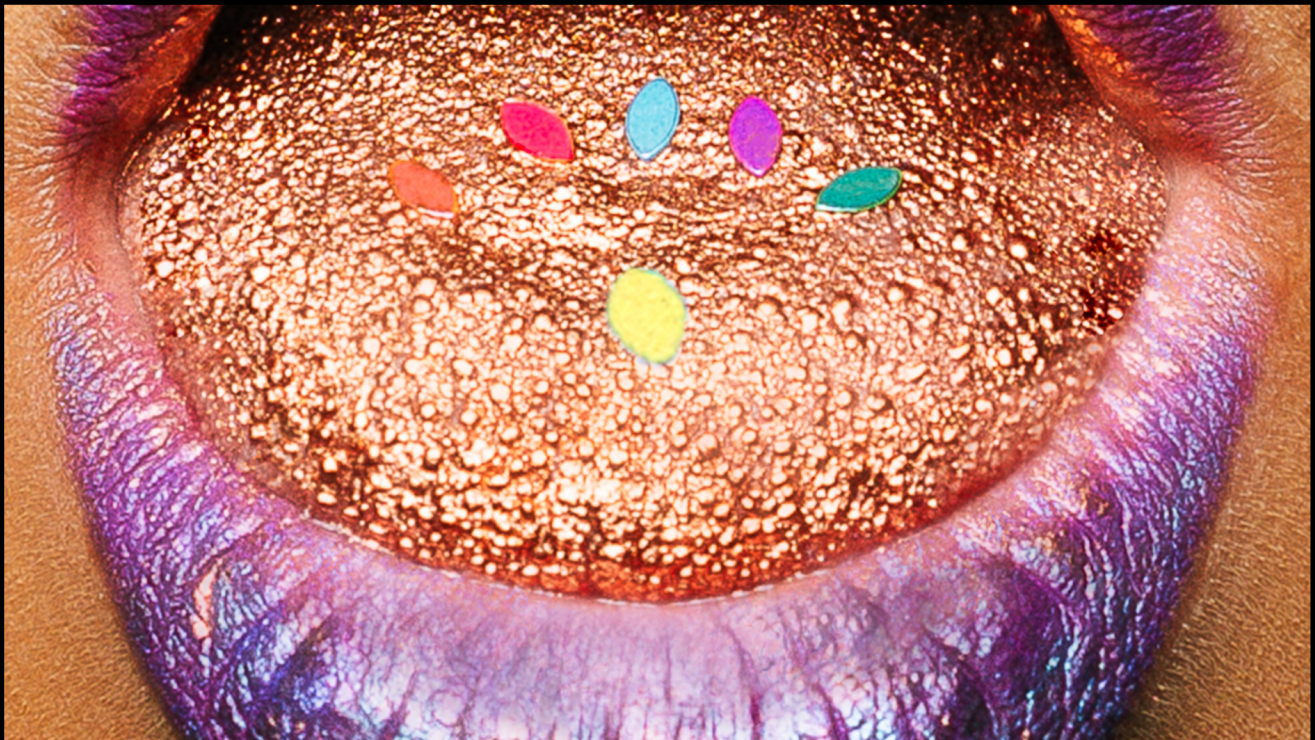
USE ALL YOUR SENSES (FOR REAL)

80% of people are overly focused on VISUAL stimulation.

Think about porn, advertisements, TV, etc.... our eyes are a highly OVERSTIMULATED sense. **There is an uncapped power of pleasure and stimulation in the rest of our senses.**

Try sensory deprivation, for example

- Blindfold your partner and explore Sensual foods: Use different foods, such as fruits or aphrodisiacs for sensual play
- Use noise-canceling headphones or earplugs to heighten other senses such as different types of touch (soft, grounding, nails)
- Play with hot and cold sensations to stimulate the body
- Blindfold again your partner and use connective (or dirty!) talk, whisper in each other's ear, express desires and fantasies verbally.



Emotional



EMOTIONAL INTELLIGENCE (EQ) IS THE NEW SEXY

I used to be scared of my emotions. You probably were as well. Until I realized it was a language missing in my love and sex life.

Becoming emotionally intelligent made me a better partner, a wilder lover, and a better human being. Here are 3 key actions:

1. **Acknowledge and accept your partner's or lover's emotions** = this doesn't mean you need to carry them, but that you know how to listen and hold the space for them to manage them
2. **Take radical responsibility for your communication** = Use "I" statements, for example, "I feel hurt when you don't acknowledge my accomplishments" is more constructive than "You never appreciate anything I do".
3. **Learn how to name your 6 basic feelings** = like when learning a new language, you want to start having in your vocabulary the 6 main ways you might be feeling: happy, sad, fearful, disgust, anger, and surprised.



OPEN YOUR RELATIONSHIP WITH INTEGRITY

Up to 12% of couples have experienced some form of consensual non-monogamy. **How to do it in a way that it becomes a breakthrough and not a breakdown is an art.**

Here 3 principles

1. **Agreements:** Make a relationship agreement on paper. Discuss and decide on opening based on your capacity. Take all the time you need for it. If it means this conversation takes years until testing water is ok
2. **Intention and Preparation:** Get clear on the why: what is your intention to do this exploration? Open to more people only when you can fully manage your primary relationship: is your relationship foundation strong and this can make you both grow deeper? go for it
3. **Harm reduction:** how will you manage the other person's emotional needs? how can you agree to prevent emotional harm? You might not know your boundaries until you cross them. Acknowledge and accept taking the risk. Discuss how does repair look like.



LET YOUR COMMUNICATION BE YOUR NEW SEX SKILL

FOR OPEN RELATIONSHIPS & POLY EXPLORERS

Once upon a time I met a wonderful man who became my lover. He was very new into tantric-approached sexuality, so I took him into the steps to make our **connection conscious, sacred, and aligned.**

I told him **"Before we keep on going, there is a little conversation I usually like having, would you be open to hear?"** While we were still hugging in bed I explained the tool* I always use before moving forward to potentially interacting intimately with someone. By the end of the talk, he told me "I see now that your communication makes you even more sexy"

This tool I use was something I learned and developed to make any interaction a safe and clear container to explore whatever is alive. **Make sure communication is your new sexy.**

- (if you are curious, this tool is an extended version of RBDSM where we discuss : Relationship status, way of relating, intention of this connection/interaction, emotional and physical boundaries, sexual health check, meaning, agreements, and values we want to practice during this connection



WHAT IS YOUR EMOTIONAL AVAILABILITY

Many couples I work with explore the path of consensual non-monogamy and polyamory. **The rise of awareness of different relating styles is part of the future of relationships.** There is no right or wrong here. Is purely a choice that two people make in the here and now and vision of their relationship.

Extraordinary lovers engaging in consensual non-monogamy ask this:

- Am I **available in my physical body** to give and receive (insert name of the new lover)?
- Am I **available in my emotional body** to give and receive (insert name of their new lover)?
- Am I **available in my energy** to give and receive (insert name of the new lover)?

You may answer with YES or NO. Trust in the first answer that comes to your head. There is no wrong or right balance. Answering this will clarify a lot to yourself about **what you are CAPABLE at this moment to GIVE to and RECEIVE** from the other person. Then being clear and open about your capacity is much easier



Energetic



LEARNING TO PLAY: SAY SHAMELESSLY WHAT YOU WANT

Observe how kids play. Whenever one kid wants to play with someone will just go ask and start, whenever they wanna change play they do. There is no overthinking. Or shame.

It should be the same whenever we want to "play" with our partner. Try speaking shamelessly about your desires.

A common blockage that many clients face here is on having some sort of "sexual shame" (aka they might feel ashamed on feeling too "sluty", "horny", or not comfie with saying straight forward what they reaally want)

You might want to try out maybe these phrases

"Shall we speak about desires?"

"I would so much like that you.... (insert desire)"

"I have a deep desire, would you like to hear it?"



SCHEDULE TIME (AND ENERGY) FOR INTIMACY

Quite some years ago I crossed a pivotal moment in my life. My partner and me back then were struggling for over 1,5 years of not having (barely) physical intimacy. We were both young, in good health... but suddenly a big distance was created, and as the snowball became bigger, it was also more difficult to get back closer to each other.

What I didn't realise back then was I was not making space for Intimacy to happen. I didn't treat sex life with the same respect that I had towards other areas of my life such as work, friendships, holidays, etc.

Several couples I work with come with a similar situation. **The first thing we get to do is to make SPACE and save ENERGY for Intimacy.**

Scheduling Intimacy it doesn't need to be complicated or serious. Propose your beloved: "Hi, Sexy time every Thursday from 8-10pm?"

When you make the time for it, show up. Come and connect knowing intimacy means much more than intercourse



SEX MEANS MUCH MORE THAN INTERCOURSE

Sex is not (only) about intercourse.
Just as a relationship is not only about love and sparkles.

I like using the analogy of food and sex

Sex is not only about making out, bump-bump, cum and finish. Yes this is delicious. An if you use my analogy, it would be the equivalent to eating only **fast-food**. It's good once in a while, but your body needs more nourishment.

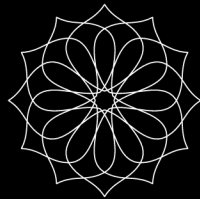
Then what else is sex about? Sex is about Intimacy in a body, sometimes two bodies (or more), Intimacy is created in all levels: skin to skin, in our energies, in our hearts, in our minds, etc.

Think about also: intercourse, tantric love making, psychedelic sex, energetic sex, BDSM, self pleasure, orgasmic meditations, (sacred) dirty talking, finding pleasure in non-sexual things, the art of Kinbaku/shibari, massage, join a sex-inclusive space with more people, naked cuddle, etc

You can think about this as accessing to a **food feast**, where you can pick what you want, and nourish your body, soul and mind anytime



Spiritual



WHAT HAPPENS IN YOUR SEXUAL LIFE IS A REFLECTION OF YOUR EVERY DAY LIFE

Mediocre lovers believe that they are good as they are

An exceptional lover DARE to address the challenges in their sexual life. They know it is BASIC HYGIENE. Same as going to the dentist,

A hard truth: the issues you face in your sexual life, are a reflection of the issues you have in your everyday life.

- If are scared and tend to play small in bed, you might see this happens probably at work
- If you tend to overthink and stay stuck in your mind, you might see how you usually do this with difficult decisions
- If you tend to get jealous, you might realize you are unable to feel inspired by other people's successes

Face and dare to solve the challenges of your sexual life, and the rest of areas of your life will benefit strongly.



MEDITATE WITH YOUR BELOVED GENITALS

I have spoken to hundred women who struggled to enjoy sex or who never had an orgasm. Also, men who feared facing performance anxiety, or doubting how to please their woman.

Most of my clients learned to approach their sexuality with shame and guilt - instead of reverence and playfulness.

Holistic sexuality flips this, we view Sexuality as sacred - on it's whole spectrum that can lead to spiritual growth and transformation.

A very easy way to shift this is to **meditate with your lover's penis or vagina**. Here is how to do it:

- Approach them without any goal, and worship them as if you would be observing a wonderful sunset.
- Let them feel your presence, your love, your fascination. Speak to this part of their body, talk to them your love, desire, respect.
- Take your time until you decide initiating touch. For the first time only hold with your hands with presence.



HOW DO YOU USE YOUR TIME

Many couples who become curious about the spiritual principles from Tantra think it will make them better at SEX.

The reality is that Tantra has to do more with learning how to manage YOUR ENERGY. Your life force. In Tantric philosophy Energy and Sexual energy are the same

How you spend your ENERGY and TIME, is how you spend your life. An extraordinary lover has an urge in life. To feel, to expand, to grow. **They know they are not eternal.**

Extraordinary lovers know when and how to let go of people, jobs
Extraordinary lovers are honest about how they use their time and energy.

Extraordinary lovers live remembering death is closer every day

Your practice: set yourself a daily reminder of the finitude of your life, and your beloved's life.



USING SEXUAL ENERGY FOR SOMETHING MORE THAN SEX

Ancient tantric traditions as they were brought to modern science, it provide a key element: our EROTIC ENERGY is also CREATIVE ENERGY.

Psychoanalysts spoke about this concept already centuries ago, where the sexual energy that we could use to make love or even create a baby, it is also our CREATIVE life force energy that we can use to write a book, or create a new game for our children

One of the beautiful teachings that tantric traditions transferred into to western world was the translation of these principles into our Love and sex life. **However it is common to get stuck in the layers of pleasure only**

As you start walking the path of tantra

- You will feel more energized.
- You most probably have (and enjoy) sex more than ever

However, as an extraordinary lover ask yourself:

- **How am I using this energy? only for sex?**
- **How can I transform this energy into higher levels?**
- **How can I serve my work, my family, humanity with it?**





READY TO TAKE YOUR SEXUAL CONFIDENCE AND INTIMACY TO THE NEXT LEVEL?



Apply for a free 45 min Exploration call to see if we can work together on **Private Intimacy Coaching for Men** to expand your multiorgasmic capacity, explore the path of tantric erotic intimacy, and a deeper connection with your sexuality.

[BOOK MY FREE CALL](#)



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