

# CONSCIOUS CONNECTION KIT FOR A *Remote Relationship*

**How to stay close  
while apart**



# YOUR CONSCIOUS CONNECTION KIT FOR A REMOTE RELATIONSHIP

## Living apart doesn't have to mean growing apart!

I know it feels frustrating and maybe even worrying to be far from one another. But I can assure you that you're as connected as you choose to be, and intimacy can thrive for a while without physical contact.

**The mistake most couples make?**  
**Winging it** with routine calls and messages that soon become boring.

If you don't want that, here's a compilation of my best tips to stay close... and even get closer while you're away!



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*Hi! I'm  
Laura Pynson.*

**MY MISSION IS  
TO SUPPORT WOMEN  
WHO CREATE LOVE.**

As a **Love & Intimacy coach + Feminine Empowerment Mentor**, I see women all around the world confronted with a similar challenge: they yearn for a simple, solid, soulful relationship where they feel safe, seen, and cherished... but they rely on "luck" or their partner to meet their needs and fulfill this dream.

It rarely works, and here's the #1 key to an extraordinary relationship: it's to **actively, consciously and skillfully** infuse your relationship with Passion, Compassion and Devotion. It's to **show up as an Magnetic Muse and inspire your partner to step up for you out of adoration.**

**I've been in a long-distance relationship with my husband for about a year, and we built incredible intimacy during this time** - so much that we decided to get married right after it without having even lived together! So I know first hand that geographical distance is manageable.

*Now, let's feed that Muse in you.*

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## The 1 Must Have

*Muse Attitude*

to inspire adoration

## THE RIGHT PRESENCE

For your relationship to keep thriving remotely, it's essential to find a balance between being there with and for your partner and leaving each other space. Many women smother their man out of anxiety, and that's how the painful push-pull dynamic starts.

Think about it: what makes an artist and a lover drawn to a Muse is her mystery. She can be warm, caring, nurturing, available. But she belongs to herself, she has her own life, dreams, passions, opinions, freedom. She stays at the center of her own life, and she doesn't try to become the center of her lover's life.

She's **intensely present to him when they are together - and to herself when they are away.** That makes him feel intrigued and want more.

Concretely, this means: **don't obsess** over your relationship, **don't overthink** his behaviors, and make sure you have other exciting things and people in your life. Yes, you want to make your partner a priority to maintain a sense of safety and stability while you're apart, and you should take the lead to create meaningful experiences with him... but **enjoy your own time doing your own thing**, and let him do the same.



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## 5 Basic Rules for interesting

## *Intimate Calls*

That keep you both on your toes



### 1. SAFETY FIRST

Keep in mind the that the #1 goal of these calls is to make each other feel loved, reassured and cared about.

- Ask your partner what makes him feel good during the calls and tell him what works for you.
- Be super present (no multi-tasking), mindful of your tone.
- Stay appreciative and curious.
- If you get emotionally triggered during the call, tell your partner you need to process something but there's nothing to worry about.
- Don't hang up without saying a sweet word and a "speak soon."

### 2. SPONTANEITY IS SEXY

Although it can be tempting to establish some sort of structure, routine is a killer.

- You don't have to call each other everyday, and certainly not always at the same time (then it becomes an obligation and a chore).
- Use texts, audios and videos as an impromptu and creative alternative to calls
- You may just want to be clear on your preferences (moments when you're not available, moments that are best), without making strict rules

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## 3. FEELINGS OVER FACTS

Unless something very eventful happened, reviewing your day play by play and sharing updates in your agenda is not going to create epic intimacy.

- Don't make it about your day, but your inner journey and/or your relationship. Focus on how events makes you feel and why - reveal yourself through it. Ask him about how he feels - he might need to get used to expressing his emotions, but that's how you open his heart.
- You can also talk about the past and memories (personal or together), or about the future, dreams, desires, projects...
- Look at the Love Maps and Virtual Dates sections for more ideas to spice up your calls' topics!

## 4. SHORT IS SWEET

Yes, long conversations where time flies give us the impression of great chemistry. But it can NOT be the standard of your interactions! Actually, the more you allow yourself to have quick calls where nothing is expected and you don't let it drag, the more chances you keep for one good long conversation down the road. Again, sending short spontaneous messages through the day is also a great way to stay connected in a light way.



## 5. SOMETIMES IT SUCKS!

And it's ok. Don't put pressure on yourself and your partner with perfection and intensity fantasies. Don't doubt your relationship because you argued, felt awkward or bored today. It doesn't mean you're not a fit or something's wrong. Let it go and start fresh tomorrow!

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## 10 Fun Ideas for a bonding *Virtual Date*

That erase the distance

### COFFEE & DREAMS

If you wake up around the same time, start the day on the phone or video call sipping your favorite hot drink and sharing the weird dreams you had during the night. If you can't remember it, share old dreams, recurrent dreams, day dreams you often have when you're awake, or inspirational quotes or poems.

### DINER TOGETHER

Decide to each cook your favorite family recipe, or your go-to lazy recipe, or a creation with the pantry ingredients you have, or using a specific spice... Choose your challenge, prepare at the same time on a video call or send each other little clips, and comment on each other's creation as you eat.

### PLAN A TRIP

You can take a virtual vacation together (do a search on the topic or use [Google Earth](#) or [Tour Builder](#) or [Tour Creator](#)). And/or you can plan your dream travel experience, discussing together the destination(s), the activities, the schedule...

### BE ARTSY

Write a song on the phone or a short novel in a Google Doc, create collaborative playlists on Spotify, visit a museum online ([Google Arts & Culture](#) offers views into famous museums, exhibitions and cultural landmarks), stream concerts and theater plays... Or create your own personal exhibition by compiling your favorite works of art on a slideshow, share your screen and take your partner on a unique guided tour!



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## SHARED SUNSET

Or sunrise! The idea being to be on a video call and watch the same natural event together, although from a different place. If you're not in the same time zone, take your partner on a video walk, show and share things you love in your environment, including sounds, smells... and how it makes you feel.



## OPEN WHAT I SENT

Mail each other a letter or a gift. Open it on a video call. It can be sweet, sexy, silly, or any shade of love you like!

## THE INTERVIEW

Variations: job interview, interview of an artist on his latest work, interview of a star on his childhood... you can make it as real or fictional as you want! If you're not into role play, you can just google "Questions to Ask Your Partner on Date Nights" and find ideas.

### TECH TIP:

For more comfortable Video-Calls on your laptop, and to be able to share your screen, use services like Skype, Zoom, or Kast.

## QUIZZ & TESTS

Personality Tests like Human Design, Enneagram, Strenghtsfinder can be great conversation starters. You can also search for compatibility quizzes and silly tests in online magazines. What matters is your comments to each other more than the test itself.

## PLAYING GAMES

See if your favorite board game has an online version or an app. Revisit good old drinking games but take your clothes off instead of drinking (or do both!).

**+LOVE MAPS, SEXY CHALLENGES...** *See the next pages articles :)*

# YOUR CONSCIOUS CONNECTION KIT FOR A REMOTE RELATIONSHIP

*Remember, no  
relationship tip  
works unless you  
make it work.  
What really matters  
is your relentless  
commitment to try  
something new.*



# YOUR CONSCIOUS CONNECTION KIT FOR A REMOTE RELATIONSHIP

15 prompts to create

*Love Maps*

And know exactly how to love each other



"Love Map"s are about knowing each other's inner world, and particularly how we function in a romantic relationship. **It's like a "User's Manual"** that we create for each other, to **take out the guess-work** and the mistakes we make out of blunt ignorance and blind projections.

Taking time to make these maps as detailed as possible by answering specific questions or having intentional conversations is a **game-changer**. It will **save you a lot of tension** in the future, and will create a lot of **depth** in your intimacy right now. It also forces you to **know yourself, take responsibility** for your patterns and stop expecting your partner to magically know about things you never talked about.

Here are some suggested questions to get you started. Take action:

- Tell your partner that you want to know how to love him best, and help him love you best
- Send a question or two with your answers to your partner, ask for his
- Repeat until you have about 5 questions answered that you can comment on on your next Virtual Date Night. Don't make it heavy and overwhelming, keep it light and playful. It's an opportunity to be curious and to **practice vulnerability, transparency, radical honesty, and unconditional love**.



# YOUR CONSCIOUS CONNECTION KIT FOR A REMOTE RELATIONSHIP

1. I feel **loved when you say** things like...
2. My favorite ways to be **touched** are...
3. I really appreciate being **helped with**...
4. I enjoy doing these **activities** with my partner..
5. The kind of **gifts/attention** that makes me melt...
6. How to tell and what to do **when I'm hurt** by you...
7. The best way to soothe me **when I'm stressed**...
8. The **core values** guiding my actions and decisions...
9. **Mistakes** in past relationships I don't want to repeat...
10. **Mistakes** I saw my parents make...
11. **Qualities** most important to me in a partner...
12. **Shortcomings** I'm most ashamed to show myself...
13. My unrealized **dreams** are...
14. My deepest **fears** are...
15. What makes **our relationship great**...

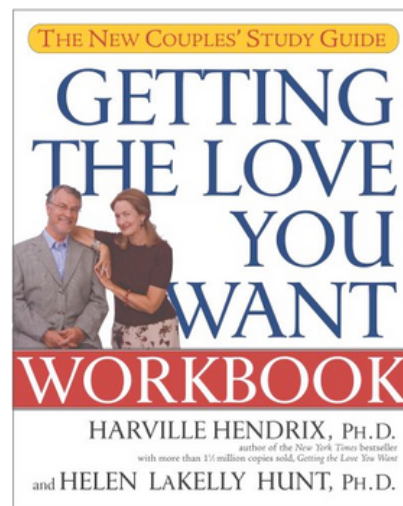
TURN IT INTO A GAME:  
TRY TO GUESS YOUR  
PARTNER'S ANSWERS

# YOUR CONSCIOUS CONNECTION KIT FOR A REMOTE RELATIONSHIP

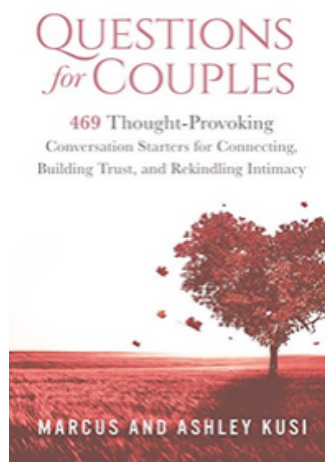
## RECOMMENDED BOOKS FOR INTIMATE CONVERSATION STARTERS



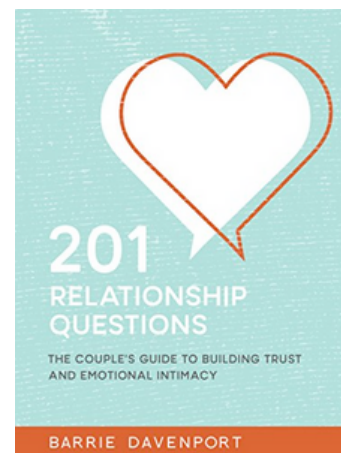
Anything from the Gottman Institute is great. Eight Dates is a good start for Love Maps Ideas.



Harville Hendrix is another classic. This workbook will take you deeper, almost like therapy.



Questions for Couples:  
469 Thought-Provoking  
Conversation Starters



A simple list: The Couple's  
Guide to Building Trust and  
Emotional Intimacy

# YOUR CONSCIOUS CONNECTION KIT FOR A REMOTE RELATIONSHIP



**3 Secrets** to keep it

*Sexy and Classy*

And turn each other on remotely

## KNOW YOUR AND HIS "EROTYPE"

**Sexting and Audio or Video-Sex** are great ways to stay connected sexually. But you have to find your unique style... The problem with most Sex Advice out there is that it ignores the diversity of human erotic wiring and promotes cliché practices as universal, when they are not. If you feel that you "should" give him a strip-tease in fine Lingerie over Skype but it's not really your thing, then don't do it. It might not be his thing either, and that's when classy goes out the window!

There are 4 main Erotypes that you need to know about:

- **Primal:** Focused on intercourse, genitals, climax, intense porn-like sex. Most of our sex culture is based on Primal stereotypes.
- **Sensitive:** Focused on emotional bonding, whole body sensuality, loving romantic sex. It's the second most common, and generally a more feminine type.
- **Transgressive:** Focused on power play & role play, taboos, fantasy, sophisticated kinky sex. It's actually a common type but often suppressed and shamed.
- **Mystic:** Focused on spiritual connection, subtle energy play, sacred sex. It's an emerging type, maturing with the spread of Tantric practices.

Each Erotype comes with different preferences in terms of energy, vocabulary, touch, scenarios, etc.. Even though we generally have more than one Erotype in us, what turns one on can turn the other off and vice versa. Which means you can't really guess what will work for your partner. Hence, the next tip!



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## ADOPT A "LAB" MINDSET

- **Just have fun trying** sexy things by sending photos, audios, videos, or being live together without knowing the outcome. Make an agreement about experimenting with curiosity and without taking it too seriously.
- **Give each other Sexy Lessons:** ask your partner to teach you what he knows about what he likes sexually. Tell him what you know about yourself.
- **Plan "Sex Labs"** to explore new territories, co-creating experiments with different styles of eroticism.

CURIOUS ABOUT  
EROTYPES?  
I'm creating a  
course about it,  
make sure you're in  
my mailing list or  
Facebook group to  
know when  
it's out!

## WORK WITH YOUR SHAME

We all have some. If at some point you feel inhibited (E.g., I can't talk like this or show my body etc.), know it's normal and an opportunity to grow!

Here are 3 steps to move through a sexual block/fear/judgment:

1. **Name and explain it** to your partner, like you're describing a part of you.
2. **Create an alter ego** character who isn't inhibited (your inner Queen, Slut, Goddess...)
3. **Co-create a Sex Lab** (experiment) to overcome your block with an easy baby step.

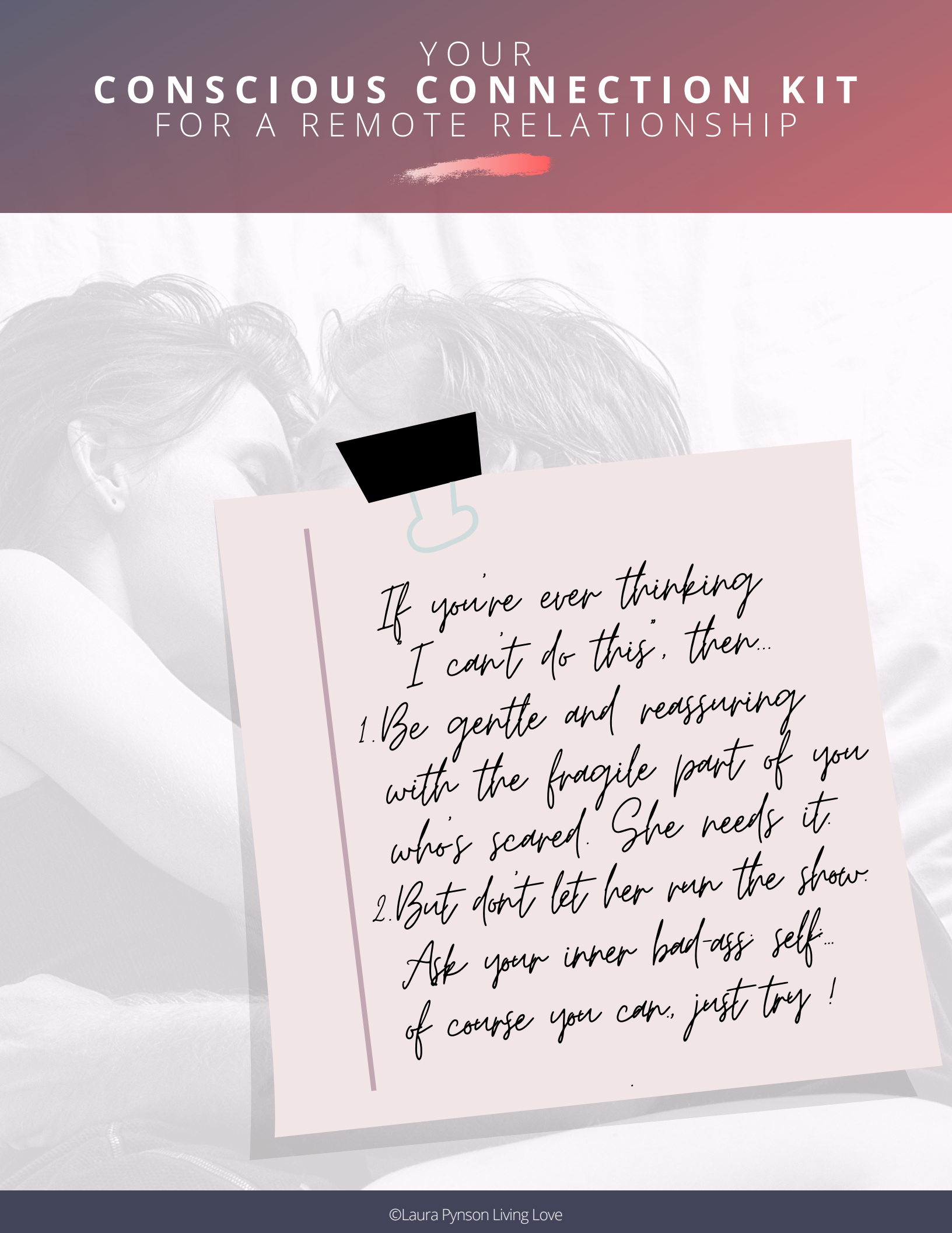
## BONUS

### 4 Subtle Sexy Challenges Ideas

- **Abstract Photo:** Take a photo of your naked body that keeps your partner guessing what it is.
- **Co-Written Erotica:** Take turns writing sentences or paragraphs of an erotic story, not knowing what's coming!
- **Nude Yoga/Workout:** Tape yourself exercising with no clothes on.
- **Guided Touch:** With audio only, let your partner describe where and how he's touching you right now and execute with your own hands. Reverse roles :)



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A faded background image of a man and a woman in a close embrace, nearly kissing. A light pink sticky note is pinned to the center of the image with a black corner tab and a light blue pushpin. The note contains handwritten text in cursive script.

If you're ever thinking  
"I can't do this", then...

1. Be gentle and reassuring  
with the fragile part of you  
who's scared. She needs it.
2. But don't let her run the show.  
Ask your inner bad-ass self...  
of course you can, just try!

# YOUR CONSCIOUS CONNECTION KIT FOR A REMOTE RELATIONSHIP

Tap into the power of shared

*Mind Reality*

That makes you grow together



Intellectual Intimacy is something that you can build remotely just as easily as if you were living together. It has immense bonding power, like travelling together. What will make it really deep is the care with which you choose the material to share (either something you're both interested in, or something that reveals who you are individually), and the time you spend sharing your thoughts and feelings on it (it's ok to disagree and have different tastes!).

## MOVIES & SERIES

Take turns selecting something that feels meaningful to you and watch it together. Tech tip: The Google Chrome extension, Netflix Party, makes streaming together easier. You can also share your screen in Skype, Zoom, etc..

## BOOKS

Make a list of your 3 favorites of all time, tell him why and read a few pages to him. Choose together, a book that neither of you have read and have your own private "book club," commenting on each chapter you finish.

## PODCASTS

Send each other your favorite episodes or listen to something on a Date Night. Ted Talks are great too!

## E-LEARNING

Suscribe to a platform like Masterclass (our favorite!) or purchase courses on Udemy for example. Then pick a day of the week where you take classes together.



# YOUR CONSCIOUS CONNECTION KIT FOR A REMOTE RELATIONSHIP



Keep it high with this  
*Couple Bubble  
Meditation*

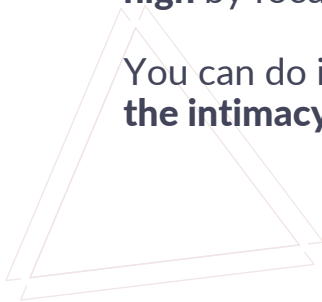
Regardless of where you are in the world, your partner and you are part of a "**shared energy field**" that will last as long as your relationship.

This field vibrates at a higher or lower frequency depending not only on the quality of **the moments** you spend together, but also on **the thoughts** you each have about each other and the relationship.

The following meditation is designed to **keep the frequency high** by focusing on positive feelings and a sense of oneness.

You can do it on your own, as the sacred feminine **guardian of the intimacy and elevated energy** in your relationship.

"



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1. **Sit comfortably**, with nice meditative music on. Relax your face, shoulders, belly, soften your heart, observe your breath.
2. **Take a few breaths into your heart**, like if you were inhaling and exhaling from the center of your chest.
3. Bring your **attention to your partner**, imagining him where he is right now, and sending gratitude to him, like if you were **wrapping him** in the warm light of your love. Feel the energy circulating between you no matter the distance. Feel that you are both in a **shared bubble of love**. You may feel an energy cord between your hearts.
4. Drop your attention into your **hips and sex**. Bring up memories and fantasies that stir up your **physical desire** for your partner. As you build up this desire, visualize yourself sending this passionate, fiery energy into his hips and sex, and receiving his desire. Fill the bubble up with **excitement**.
5. Take your attention to your **chest and heart**. Bring up memories and fantasies that stir up emotional closeness, **tenderness, kindness** for your partner. As you build up this gentle compassionate energy, visualise yourself sending it to his heart. and receiving his tenderness. Fill the bubble up with **peace**.
6. Take your attention to your **head and above**. Envision the future that you want with your partner, your dream life together, what you can build, how you will grow and be devoted to each other and your shared projects. As you build up this **soulful vision**, send it to him like an offer on an altar. Fill the bubble up with **hope**.
7. Take a few more breaths, **enjoying the elevated energy in your couple bubble, smiling softly, in gratitude and surrender**.



# YOUR CONSCIOUS CONNECTION KIT FOR A REMOTE RELATIONSHIP

*let's do it!*

## CHOOSE 1 CONNECTION TIP/IDEA **NOW.**

One that sound attractive and achievable, either on your own or with your partner - you can also send this to him and ask him what he would like to try.

## APPLY IT. **THIS WEEK.**

Pick a date, be real on the possible obstacles/ resistances and what you need to overcome them, have a precise plan and tell your intentions to your partner to be accountable and follow-through.

## JOURNAL THE SHIFTS!





# YOUR CONSCIOUS CONNECTION KIT FOR A REMOTE RELATIONSHIP

*Want More?*

If your partner is not responding to you the way you hoped, and you don't understand what's wrong...  
Or if you're getting results and you want to take it to the next level...  
And if you're ready to be heard and held...

## **>>> BOOK A 1:1 LOVE SPARKING CALL**

Get your personal questions answered and an actionable plan by a Love & Intimacy Coach. First call is free!

**BOOK**

## **>>> JOIN THE \*LIVING LOVE SISTERHOOD\***

on Facebook for weekly (self)love inspiration, community and Q&As.

**JOIN**



# YOUR CONSCIOUS CONNECTION KIT FOR A REMOTE RELATIONSHIP

*If you like to go deep...*

I would love to take you beyond these little tips and ideas.  
What I'm really passionate about as a Love & Intimacy Coach is  
- giving women spiritual guidance, self-healing tools and intimacy skills so that they can **BE, EMBODY LOVE** at a deep level  
- turning romantic relationships into **an awakening path**, leading you straight to the highest experiences you can get in this life.

I believe that our intimate challenges are pointing us to our next growth edge.  
If intimacy is the one area in your life that keeps nudging you - then you **NEED** to look at it. It's not just a matter of being happier.  
**It's your soul calling for your evolution.**

*> Reach out to me if you want guidance as you answer this call!  
[hello@laurapynson.com](mailto:hello@laurapynson.com)*

