

# Episode 142: Let's talk about sex, baby

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brennan, sex, masculine, relationship, partner, talk, manifestation, accelerators, brake, feminine, alison armstrong, intimacy, life, babe, touches, pleasure, act, desire, orgasmic, energy

## SPEAKERS

Kathrin Zenkina, Brennan O'Keefe



Kathrin Zenkina 00:14

Welcome to the Manifestation Babe Podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach, and a multiple seven-figure entrepreneur. I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity, and success, you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do, and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development to help you maximize who you are and where you're going. Leave it to me to provide you with tools, resources, strategies, and teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together, so thank you so much for pushing play today. And now, let's begin. Hello gorgeous souls, and welcome back to the Manifestation Babe Podcast. You guys asked, so you got it. Brennan and I decided to talk about the topic that we left out of the last episode that we recorded together, which was all about the topic of sex. So, for some reason, in my head, when we were recording the last episode, I thought this topic would be something really short that we just talk about. As people who have been spending 24/7 together for the last three years, we wanted to offer some of our tips and insights into how we keep the spice alive, while spending so much time together; when it's so easy for us to get sick of one another, take each other for granted, and never really have that passion and polarity that most couples have, whether it's in the beginning of their relationship, or couples who do spend certain hours apart every single day, or maybe a couple of days a week apart -

depending on each couple's scenario. And so, instead what this ended up becoming was a one-hour-and-15-minute episode - but I promise, you guys, if you stick with us, the stuff that we share in this episode is so juicy. First of all, we are being super open and super transparent. We go to places that I never imagined sharing on a podcast before; so, we're being super open and transparent with you guys, but we're also sharing some content that we have learned from other relationship experts, that has taken our relationship to the next level. We talk a lot about the feminine and the masculine, and what each energy needs to be happy. We talk about accelerators, versus brakes in the bedroom, what that means, and what that looks like, as well as orgasmic manifestation. There's a lot of incredible insights that both my husband Brennan and I offer, each different perspective. So, we thought it would be very interesting, not just to hear a solo episode from me, but also to bring in a masculine perspective so that you guys have both energies to speak on this topic. So anyway, without further ado, let's dive into today's episode. Yo, yo, yo, K'n'B in the house. What's up, Brennan?

**B** Brennan O'Keefe 03:50  
Hey, how's it going?

**K** Kathrin Zenkina 03:52  
Can you guys tell that quarantine is getting to our heads? I think we're on day 12. How are you doing over there, babe?

**B** Brennan O'Keefe 03:57  
I'm breathing, I'm walking, and I'm eating. Sounds like a pretty solid quarantine.

**K** Kathrin Zenkina 04:03  
So, based on this topic that we're going to talk about today - I know it sounds like we're out of breath, and I don't want your minds to go where you think it's going to go. We do this fun warm-up activity before we start recording anything, and anytime I even, myself, start recording anything. It's this warm-up that we do for 14 reps, and it literally feels like a workout. It just lifts up our vibration, but also completely takes our breath away. So, if we're breathing heavy, don't allow your mind to go into the gutter, because that's not it, okay?

**B** Brennan O'Keefe 04:37  
It's not the gutter.

**K** Kathrin Zenkina 04:41  
So, this episode is about sex. We have a lot of great feedback on our last episode, and all of you wanted to hear more about the topic that we left out of the last episode - because, otherwise, it would have been just way too long. What we did instead, is we expanded on this topic, and put it into a separate episode.

**B** Brennan O'Keefe 05:05  
So, let's talk about sex, baby.

**K** Kathrin Zenkina 05:08  
I feel like we're going to sing that this entire episode - that's like the theme of this. So, we have been together for the last three years, spending 24/7. We could talk about this in the general sense, but what really inspired this topic is the fact that there are couples out there right now who are, for the very first time, spending 24/7 together. Brennan and I have experience in this - It's been the last three years; people ask us how we do it all the time and if we literally are together 24/7. What I want to say is that with this quarantine, it's a bit different, because Brennan and I have created schedules for ourselves, even though we do spend a lot of time together and we do live together. But what we have developed over time, is that we have created our own schedules, to where sometimes we actually won't see each other for most of the day. That's worked out beautifully for us, because we love that feeling of coming home to each other, or seeing each other after eight hours apart - like most couples who do work jobs, or maybe one of the two works a job, and then that person comes home, and it's exciting; it's exciting to see them and catch up with them. So, we created that artificial environment for ourselves; "You go to the gym, I go to the grocery store." We find different things that we can do. However, now, it's even more different. I believe we spend like an hour, technically, apart, when you go out on a jog. Would you say that?

**B** Brennan O'Keefe 06:55  
I would say that, yeah. For a lot of you, quarantine is quarantine. This whole worldwide situation, which is developing before our eyes, is probably the first time in a long time that you've spent either in as much proximity to your partner as this, or yourself. Oftentimes,

when you're at the office or at the gym, even if you don't live with someone, or you're not dating or seeing someone right now, there are always outlets for yourself. This may be the first time that it's just you, which is kind of a partnership in and of itself. But for the couples that also have kids, it's very different when you go from basically being out of the door by 7:00, 8:00, or 9:00 am and coming home at 5:00, 6:00, or 7:00 pm, to all of a sudden needing to coexist in the same environment. So, I would say, for Kathrin and I, it's been different; but also what spurred this, is that we wanted to offer value and assistance to all of you guys who might be pulling your hair out a bit at this stage of quarantine,

K

Kathrin Zenkina 08:06

I would say proximity is awesome - because you do have that time together - but it also, on the other hand, can lead you to take each other for granted. I think that when you spend a lot of time together, you kind of expect that person to be there. When you keep expecting that person to be there, something like intimacy and sex just gets put on the backburner; "We can always do that. That's always an option for us." I find that, at some points in our relationships, my mindset has gotten to that place where I think, "Brennan is always going to be here. It's fine." And I don't necessarily prioritize our intimacy, bedroom, or quality time together that inspires those kinds of acts.

B

Brennan O'Keefe 08:57

The beauty of the best relationships is that they are full of deep friendships and deep partnerships. But what comes from that is, it's called the friendzone for a reason. If you become too friendly with someone, that can benefit so many aspects in so many parts of your relationship. But that familiarity and safety of a friendship and a partnership can also erode some of the action steps that it takes to create intimacy; to create space; to create desire. The way I think about it is that intimacy is kind of the act, while desire is the precursor. Am I creating an environment with my partner where I desire to be around them, and they desire to be around me, and we both know it? Not that it has to exist 24/7 - I mean, you're not 16 years old anymore, or maybe you are. But as we grow and mature, different things matter to us. So, we have different responsibilities and different priorities. For Kathrin and I, there are a lot of boundaries about business, because business is part of our life - it's not "business." It's our mission. It's our purpose. So, 24/7 is how can we serve? How can Manifestation Babe show up? That's such a blessing and such a gift, but it can get in the way.

K

Kathrin Zenkina 10:09

That's such a great point, because one of our struggles in our marriages has been like how

we separate all the different hats. Not only - and this is such a key point - are we married and live together, 24/7; we also work together, and not just work together. On top of that, it's sharing a business and all those responsibilities. It's so easy to allow work to get in the way of life, and life to get in the way of work. How do you separate that? And how do you resist that comfort level around just being roommates? Or just being friends? How do you bring that passion into the relationship? And how do you fire up intimacy and keep it spicy? The way I see it is that you're convincing your brain that you do have that separation, even though you don't. For us, the things that have helped us, personally, were going to events - like this incredible Relationship Trip that we went to in October, where Tony Robbins really expanded on. If you guys are familiar with Date With Destiny, you'll remember from that event what he does. If you guys have no idea what I'm talking about, go watch the Netflix documentary, I Am Your Guru -

**B** Brennan O'Keefe 11:35  
I Am Not Your Guru.

**K** Kathrin Zenkina 11:36  
Oh. That's so funny. That's a key distinction right there. I Am Not Your Guru on Netflix by Tony Robbins. It's an inside look into what's going on in the event. You can get some pieces and exercises, and see those things that the people are working on, and the interventions that are there. It's a really great intro.

**B** Brennan O'Keefe 11:59  
Can I give a backstory on that really fast? Is that okay?

**K** Kathrin Zenkina 12:01  
Sure. I just want to say, before I watched this documentary, I literally, verbatim, said to Kathrin that Tony Robbins is an asshole; that Tony Robbins is not someone you should listen to, and might be kind of a skeezy salesperson. Those of you who know me now recognize that I am probably his number one fan. You look like him; you act like him; you dress like him.

**B** Brennan O'Keefe 12:24  
Wow, we're really getting savage in the MB podcast joint today. Okay, I see how it is.

K Kathrin Zenkina 12:31  
It's a compliment, Brennan.

B Brennan O'Keefe 12:33  
So, I just wanted to say that because I watched that documentary, and it literally changed my life. It opened me to a different way of thinking. It opened me to going to UPW. And now, I have been a two-time Platinum Partner with Tony Robbins.

K Kathrin Zenkina 12:47  
I mean, the financial stuff that we're into right now and all the knowledge that we have is because of the people. It's not just Tony; remember that Tony is not the Tony-show. He brings a lot of experts into events. The Relationship Trip wasn't just Tony Robbins talking about his relationship, how to be in a relationship, and how to have spice in a relationship - because that's just one person's perspective. Tony is an expert in a lot of things but he brings in sex experts, relationship experts, femininity experts, and experts in the masculine versus feminine energy, and how to appreciate the other sex. There were all these incredible people who were sharing their knowledge and gifts with us, which is so awesome. We want to Date With Destiny together, and it was such an impactful event for us. I mean, so much good has come out of it.

B Brennan O'Keefe 13:40  
You have no idea.

K Kathrin Zenkina 13:42  
So many amazing things. So, at Date With Destiny, day three of the event is called the Relationship Day - which is freakin' awesome. Something we're going to share with you guys around what fires up intimacy, versus what shuts it down, and talking about the different needs of the masculine and the different needs of the feminine. Again, I want to reiterate that masculine and feminine does not relate to gender; it relates to the core energy that you most resonate with. So, you could be a true masculine woman who was born as a masculine energy; and you could be a feminine man who was born as a feminine energy in male form. That goes with transgender; it's whichever energy that you most resonate with.

B

**Brennan O'Keefe** 14:26

And it's even deeper than that, in that we all have both energies within us. In different situations, different proportions come out differently. So, I'm a very masculine man; I also have a very feminine energy that comes out in different situations. It doesn't mean I'm any less of a man; it just simply means that under certain contexts, my proportions of how I carry my energy are different. So, it's just a helpful framework for understanding how you react to certain things, and how you behave in certain ways. It's incredibly impactful, and I can tell you right now: in our relationship, understanding the needs of the masculine and the needs of the feminine has changed the ballgame for us.

K

**Kathrin Zenkina** 15:04

This is just something that we learned from that day three of the event. As Brennan was saying, it's a Yin Yang, or Yin Yong - I don't know exactly how to pronounce it, I hear it both ways. But when you look at a - I'm going to call it Yin Yang - when you look at a Yin Yang symbol, you can see that although there is a side of it that's white, and a side of it that's black, within the white, there's a black circle; and within the black, there's a white circle. That shows that within the feminine energy - within the Yin - there's also a bit of Yang; and within the Yang, there's also a bit of Yin. So, when we talk about what we're about to talk about, I want to make sure you guys really tune into your core energy - who you believe you were at birth. I know for a fact that I am a feminine woman, and though I have a lot of masculinity and I've had to let go of a lot of that masculinity that has developed through survival in my life. Brennan has given me such a safe space to be able to explore that, because he holds my energy so beautifully because he's so masculine. And Brennan, I know for a fact, is a very masculine man. So, when we talk about this, just make sure you don't go with what society is labeling you as, or what society tells you to be. Go with what resonates with you most.

B

**Brennan O'Keefe** 16:25

Or what you're self-labeling as. Kathrin is saying things like, "Brennan's a very masculine man," but that doesn't mean Brennan is more of a man than anyone else. All it's saying is that in my energy field - in my aura - I carry a lot of masculine energy, but I also carry feminine energy, too. And There's this balance. It's not about, "You're a masculine woman; that means you're not enough of a woman." This is not a conversation about "enough;" you are enough, just the way that you are.

K

**Kathrin Zenkina** 16:51

Yeah.

**B** Brennan O'Keefe 16:51  
This is simply a conversation about how, by understanding which energy you're leading with, you can find ways to bring out more of what you want.

**K** Kathrin Zenkina 17:01  
Exactly. So, that was day three of the event. And then we went to the Relationship Trip; that was 10 days of expanding on day three of Date With Destiny. What we have learned has been so impactful for our relationship. We just want to give you guys those gifts of what has made the difference for us, and then give you guys some of our own personal examples and personal tips, without going way out there in the left field, sharing with you guys every little detail - I'm sure you'd want us to spare that for you. But we will we get as open, transparent, and vulnerable with you guys as possible.

**B** Brennan O'Keefe 17:41  
So, let's -

**K** Kathrin Zenkina 17:42  
So, again?

**B** Brennan O'Keefe 17:44  
Talk -

**K** Kathrin Zenkina 17:45  
Talk about sex, baby?

**B** Brennan O'Keefe 17:47  
Yeah.

**K** Kathrin Zenkina 17:48  
So, what fires up intimacy, versus what shuts it down. This actually comes from Alison Armstrong, I don't know if you guys are familiar with her.



**B** Brennan O'Keefe 17:57  
She's amazing.

**K** Kathrin Zenkina 17:58  
She is amazing. She actually taught Tony this; so, even though we learned it from Tony, we know that it comes from Alison Armstrong. She was also one of the speakers at the Relationship Trip. She taught two entire nights for us. She has so much wisdom and so incredible things that could just take your relationship to the next level. So, if you really want to dive deep into this work, she's definitely someone for that emotional aspect. There are other experts that we were being presented by - experts in femininity, experts in sex, and all that other stuff.

**B** Brennan O'Keefe 18:39  
I'm sure that - excuse the alliteration - but I'm sure that many of you are aware of Brene Brown's brilliance. What Brene Brown is to "shame," is what Alison Armstrong is to "relationships and sex." The brilliance of both of them are very equal in my eyes. Alison Armstrong, for your man or for you, is incredible. So, we're excited to share all the pieces about this that we've learned.

**K** Kathrin Zenkina 19:05  
Okay, now that we gave you guys a 45-minute introduction to what we actually want to talk about... Brennan and I are both long-winded people and it doesn't always work out in our favor being together. We could just talk your ear off. Okay, so, Three Needs of the Masculine - let's dive into this. Number one is Admiration; admiration meaning - and this is just a small example - "Wow, you are so incredible, Brennan. You are so amazing." It's like I'm speaking to you as a man and who you are within your identity. The second thing that the masculine always needs is Praise; by praise, the way I look at it is behavioral phrase: "Brennan, you did such an amazing job making my coffee this morning," - or since I don't drink coffee anymore, "my mushroom coffee;" "Brennan, the way that you made our bed today really meant a lot to me." Just praising all the things that he did well. And then the third thing is Sex. So, the masculine needs Admiration, Praise, and Sex. What the feminine needs is Presence, to be understood, and to be safe. Presence translates into undivided attention; to be understood means to be seen and to be heard - the masculine is sitting there, gathering enough data, and asking enough questions to really make the feminine feel that she is 100 percent understood, she is seen, and she is heard, and it's not just the masculine listening to just gather enough data to then bring the conversation back at her,

but rather listening to what she actually has to say; and then the third thing is to be safe. That comes into to be trusting of the masculine. So, again; three needs of the masculine: admiration, praise, and sex. Three needs of the feminine: presence, to be understood, and to be safe.

B

Brennan O'Keefe 21:13

And quite frankly, guys, this is not what we're telling you is true about the world. What this is, is a framework that's worked for us. So, if you're looking to get more out of your relationship, it's not that all I need as a man in the world is admiration, praise, and sex; and all Kathrin needs is presence, to be understood, and to be safe. In our relationship, bringing up our awareness of these things has changed the nature, the dynamic, and the level of our relationship a hundredfold. And I'd love to talk about presence later on, too.

K

Kathrin Zenkina 21:49

Yes. So, do you want to just dive into the three things that shut down the masculine?

B

Brennan O'Keefe 21:53

Yeah, absolutely. So, it's actually interesting because a lot of these are kind of the inverse. So, what the masculine needs is admiration: "Wow, you're so incredible. You're a great human. I'm so proud of you. You're amazing." Praise: "Wow, you did such a great job doing that, I'm so so grateful for the way that you did this for me." And sex. Ironically, the three things that shut down the masculine are being criticized - that's essentially the opposite of admiration and praise. So, being criticized. Feeling closed off is a big one. You hear men saying, "She's stiff," or "She's cold." That's really picking up on a feeling of being closed off from the feminine. And the third thing is feeling controlled. I can talk circles around this in our relationship. With Kathrin, she will go to bed and Las Vegas at 9:00 pm, and I will be gambling until 2:00 am in the morning. The level of trust and respect that has been curated in our relationship; because Kathrin gives me the freedom to be who I am in this world, she owns my soul. She owns my spirit. I am unbelievably committed to Kathrin as my partner in life, but it's because she never challenges my freedom. She really allows me to have my own freedom and my own space. So, those are the three things that really shut down the masculine: feeling criticized, being closed off, and feeling controlled. Those three will turn your man into a very resentful oaf.

K

Kathrin Zenkina 23:39

And it's not going to lead to more sex, let me tell you. And the three things that shut down

the feminine, on the other hand, is: feeling unseen, feeling that she's not understood, and feeling unsafe, or that she can't trust. The fixes - or what you can do to mediate and counteract that, and to give her what she really needs (which brings us back to the three needs of the feminine) is to, of course, give her attention all the time - and ladies, how often do you want attention from your man, or from your woman? All the time. Feeling that she's not understood. She needs presence. And so, I know for me, personally, when Brennan and I are having a tough conversation, if I can tell that he is just listening to me just to gather enough data in order to build an argument against whatever it is that I'm saying, I immediately know that he's not listening to me to understand me; he is listening to me for some other selfish reason. And then, feeling unsafe and can't trust is all about getting reassurance. I know that, for me, personally, Brennan, I have never felt unsafe with you. I feel like I could tell you any deep, dark secret. There's nothing that I could tell you -

**B** Brennan O'Keefe 25:04  
That you haven't -

**K** Kathrin Zenkina 25:05  
That will make you scared of me, or that will make you feel, "Oh my god, she's crazy." I feel so unbelievably safe. I feel like I can trust you. I think that's something that we've developed from the very beginning of our relationship.

**B** Brennan O'Keefe 25:21  
Absolutely. I think we're going to get into a discussion around the accelerators and the brakes later on in this podcast; but really thinking of the three needs of the masculine and feminine, they're really the accelerants in your relationship. If you're giving adoration, praise, and sex; if you're giving presence, having someone feel understood, having her feel safe. If you're giving these, they're going to accelerate the quality of your relationship. They're going to accelerate the appreciation. They're going to accelerate the quality time you spend together.

**K** Kathrin Zenkina 25:56  
I just want to bring something up because I think that a lot of women don't understand this. I think in our society, we look at men sometimes, and we think, "He's such a dog, all he wants is sex." And we resent that. And so, I wanted to ask you, Brennan: Why is sex such an important need of the masculine? Why is this even on the list? Why is sex required in order for you to feel 100 percent fulfilled and 100 percent happy in any relationship?

B

Brennan O'Keefe 26:24

Oh, man. That's a fantastic question. I'm smiling ear to ear right now, I wish we were recording this. It's such an important question, and I think my answer may surprise many of you. It comes from my deepest need to make you feel provided for. It comes from my desire to see the person that I care about happy. I know that sounds like BS, but the truth is, being able to physically make you experience euphoria, bliss, ecstasy, and heaven on earth in an intimate proximity, to me, is one of the greatest gifts. That may not hold true for all men, but for me particularly, I get way more joy from watching you experience joy, fulfillment, pleasure, and ecstasy than I could possibly get myself. As a matter of fact, we even talked about how men get the short end of the stick sometimes, because the female orgasm is such a magnificent force on this planet. The enjoyment that I get as a human being - but especially as a man - is of allowing the safety. It's a feeling of your partner trusting and loving you enough to allow you this vacuum for what you are able to provide to her. It's a really great question. I'm having a hard time thinking about exactly how to say it. But it's so important to me. I think what I say to you is, your vulnerability and openness with me, to allow me, to allow you, and to help facilitate this beautiful intimate interaction is the greatest gift that anyone could give. It's the most sacred. It's literally from the beginning of time.

K

Kathrin Zenkina 28:28

The way I perceive it is that it's almost like it's that act for you, and why it's so needed for the masculine, is, "This shows that my partner trust me -"

B

Brennan O'Keefe 28:41

Yes.

K

Kathrin Zenkina 28:42

"And that my partner really honors me."

B

Brennan O'Keefe 28:44

Yes.

K

Kathrin Zenkina 28:45

And all of the things - Tony was even talking about the act of blow job, for instance. For

men, it's not just about the blowjob. It's about that connection between him and his partner, whether it's husband, wife, who cares, whatever. Just the fact they're doing such a generous act for them makes them feel so freakin' loved. A lot of people, for them, that's so backward; or they just think about the act itself. We have to kind of reframe this to be more about the sacredness of what the acts represent -

B

Brennan O'Keefe 29:29

Yes.

K

Kathrin Zenkina 29:29

What is beyond the act? It's not just about sex, you guys. We know that we're talking about sex, today, but beyond that, it's the meaning behind sex. I think that when you come from a place where you're focused on the meaning behind sex, you're going to have an awesome sex life.

B

Brennan O'Keefe 29:48

And we're going to talk about being a generous lover, but I'm curious: what does being a generous lover mean to you?

K

Kathrin Zenkina 29:53

Well, why don't we just talk about it? I already know a bunch of you are going to ask, "If I do all these things for my husband, and I give him admiration, praise, and sex, but in return, he's not giving me anything; what do I do then?" And the thing is - and I'll ask you, Brennan - what happens if the other person is not meeting your needs?

B

Brennan O'Keefe 30:22

If someone is not meeting your needs, they're going to meet their needs anyway. They're going to find a way to meet their needs. You have to be a generous lover. That can mean so many different things. But I think that being a generous lover means understanding what the other person wants. Kathrin used a very typical representation of a male-female relationship; but, in reality, it goes every direction. So, I'm also always prioritizing what she wants, what she needs, her pleasure, what would turn her on, and what would make her excited. That's me attempting to be generous beyond anything I could need - it's the same as manifesting. We're letting go of the "how" and the outcome. I'm not doing it for me, really. I'm doing it because I want to see her light up. And so, for me, the definition of

being a generous lover is releasing yourself; it is a trust, a belief, and a faith that if I show up as the best version for my partner - romantically, emotionally, physically, sexually, all these pieces - if I show up as my best version to her, our life will be incredible. I don't even think about what I'm getting. I'm not perfect. We all have moments where we think - but, hey, these are the thoughts. We've done so much work - I know Kathrin has talked to you guys tons about how our thoughts aren't us. So, it's really easy sometimes to think, "Well, I washed the dishes and she didn't say shit." It's really easy to go there. But, again, am I really being a generous lover? Or do I just know that Kathrin loves the house being clean? She loves the environment, feeling pristine - that lights her up, and that's an accelerant for her in terms of how she feels. That way, it's not about what I'm doing for you in order for me to get; instead, it's simply saying, "I'm going to be a generous lover in how I carry myself in my life. I want to offer you the space that lights you up."

K

Kathrin Zenkina 32:31

Yeah. A quote that sticks out to me that we kept hearing over and over at the event, is, "You come to relationships to give, not to get."

B

Brennan O'Keefe 32:42

Yes.

K

Kathrin Zenkina 32:43

"And it's through that giving that you will eventually receive." It works the same way in life and the universe. You just don't expect to receive, unless you're first willing to give that thing. If you want to receive more money in your life, then give money; give the energy of money and give others abundance. If you want to receive love in your life, then you must give love first. It's like putting your offering out there in order to receive from the other person, or from the universe - but don't come from, "I'm just going to give, to get." I think that the best connection that you and I have on an intimate level, is when I am coming into the bedroom, from the perspective of "I am so excited for the two of us to connect and for the two of us to have fun, and I really want to make you feel good." I really want you to have a good time, and vice versa. Your thoughts are, "I want her to have a good time."

B

Brennan O'Keefe 33:51

We compete. It's literally a competition. It's like you have to release the competition because we want so much for the other person to have a great experience, and to feel

loved and supported. I want Kathrin to have an experience that trumps mine; but the irony is, when we both come with that, it's a very unique situation.

K

Kathrin Zenkina 34:12

If you guys are lacking any spice, we have a theory that we learned at the Relationship Trip that was such a game-changer for us. Brennan and I finally were able to recognize moments in our relationship where neither one of us was in the mood, at different times. Or instances in our relationship when one of us was in a particular mood, or when both of us were in a particular mood, and how that coincided with certain things either happening or not happening. What we learned at the event was that there's such a thing as having brakes and accelerators to your sex life. What that means is that certain things that happen or don't happen could either be putting a brake on the fact that you're even horny, to begin with - that you even have that desire, to begin with - or there could be accelerators, such as "When I do this, or when you do this, or when this is done, or when this doesn't happen, then I'm ready to go baby." These are accelerators. The more accelerators that you have in your environment, your energy, and yourself, and the fewer brakes you have, then the better your sex life is going to be. For instance, for me, some of my accelerators are that I really require the house to be clean. When I see a mess, my mind focuses on that mess, and there's no freakin' way -

B

Brennan O'Keefe 35:45

No chance.

K

Kathrin Zenkina 35:46

Brennan has no chance. If there is a pile of laundry by our bed -

B

Brennan O'Keefe 35:50

Forget it.

K

Kathrin Zenkina 35:51

If our bedsheets look like shit, forget it. I also really enjoy great smells; I love incense, candles, and essential oils. And so, Brennan knows -

B Brennan O'Keefe 36:04  
I better shower.

K Kathrin Zenkina 36:06  
Well, that. Basic stuff. But also to have essential oils going.

B Brennan O'Keefe 36:11  
Absolutely.

K Kathrin Zenkina 36:12  
And he doesn't just - and this is a brake for me, personally - is when I see him setting up candles, essential oils, and all this stuff, for the sake of "This is going to get Kathrin in bed with me." It just doesn't work. That's actually a brake; when I see it being done just for that reason. But when I see Brennan really trying and buying flowers and things that smell and look nice. At some point, it's like my bank account fills up with enough accelerators, to where I'm like, "My libido is filled up. Let's go." I really like to be wooed; I really like to be courted; I really like for Brennan to be very nice to me, take care of me, and do little things for me. I also, physically, really love gentle, energetic touches. I hate being grabbed. I hate being smacked. I know that different people have different blueprints for how they like to be touched. For me, it's something called these gentle energetic touches; it's almost like you're touching my aura, rather than touching my skin or my body. When you start doing that to me, it's game-freaking-over. If you start grabbing me at the wrong time... you know, different days, and especially with us women, we have cycles. Every day of the month is going to look different. There are certain weeks where you're like, "Don't freakin' touch me at all." And that's definitely considered a brake. For instance, PMS or that time of the month for you - your menstrual cycle - could be a brake, and that's fine. It's definitely a brake for me. I say, "Brennan, you have no chance. It is between this day and this day now, therefore, please don't touch me. I don't want to be touched. Let's just spend quality time together that's not in the bedroom." And then other times, I do like to get grabbed, smacked, and all that stuff - and by smacked, I don't mean "hit." I mean, you know, smacked on the butt. For me, then, that is an accelerator. You guys are probably asking. In order for you to know what your brakes and accelerators are, you need to have experience. You need to become the observer of what has worked for you in the past and what hasn't, and what's currently working for you and what isn't. A great way to learn this about yourself is through self-pleasure.



**B** Brennan O'Keefe 38:46  
Absolutely.

**K** Kathrin Zenkina 38:46  
Brennan and I are big proponents of self-pleasure in our relationship, totally. We'll talk about that a bit later. I just want to finish the brake and accelerator, because I also want to know yours, just to show the different examples. I want to talk about what if my brake is your accelerator, and your accelerator is my brake, and what you do in that situation. So, again, it's all about sitting down with your partner and openly having this conversation.

**B** Brennan O'Keefe 39:15  
Yeah, I want to dive in here. I was so hoping that you got here, and you nailed it on the head. There are two things here. You hear Kathrin talking about gentle touches and smacks. I'm laughing over here because anything revolving a smack, what she's talking about is a two-finger tap. She doesn't like anything like that. The good news is that I'm not into that either. We actually have very similar kinds of interests in terms of our actual blueprints.

**K** Kathrin Zenkina 39:45  
Yeah, we're pretty compatible.

**B** Brennan O'Keefe 39:46  
But there are a few pieces here that I want to say. The first is that you need to be yourself in this world. What that means to me is, you need to be honest with yourself. What the hell turns you on?

**K** Kathrin Zenkina 40:00  
You need to know your part.

**B** Brennan O'Keefe 40:02  
Stop changing yourself for yourself, stop changing yourself for your partner, stop changing yourself for everyone. Some people - and I'll briefly mention them, and then we'll tell you where you can find more about this, because her name is Jaiya, and she's

amazing. She teaches about the energetic blueprint and it has really helped us -

**K** Kathrin Zenkina 40:19  
Erotic blueprint.

**B** Brennan O'Keefe 40:20  
Erotic blueprint, excuse me. There are all these different types. There's a sexual blueprint; there's a sensual blueprint - those two are very different. There's an energetic blueprint - very different. There's a kinky blueprint - very different. And then there's also a shapeshifter, which can mean that you're into lots of them. But the important thing is, is that you're honest with yourself about what you are, and not what you think you are, or what you think you should be. That will always be a brake for you, and not an accelerator.

**K** Kathrin Zenkina 40:55  
This comes from knowing yourself and knowing your parts. I know a lot of women out there who don't know how their parts work. They don't even know what their parts look like. I'm not afraid to say the word "pussy." I call it a pussy. I really love the work of Mama Gena. Mama Gena?

**B** Brennan O'Keefe 41:15  
Gena, yeah.

**K** Kathrin Zenkina 41:18  
We'll link everything that we're talking about; we'll make sure to link in the show notes. So, if we mentioned a name, a book, or anything like that, you can always swipe up if you're listening on iTunes, and go to the show notes. We'll just provide all that information to you. So, Mama Gena talks about how so many women have so much shame around their body parts; and how step one of really opening yourself up to this spicy sex life with another partner, is to first open up the doors to having a spicy sex life with yourself.

**B** Brennan O'Keefe 41:49  
With yourself.

**K** Kathrin Zenkina 41:50  
You've got to get to know your parts, and you've got to get to know how to pleasure yourself. If you don't know what you like, then how the hell do you expect your partner to figure this out?

**B** Brennan O'Keefe 42:01  
Absolutely. You're talking about Pussy Reclamation, right?

**K** Kathrin Zenkina 42:05  
Yeah, that's a great book.

**B** Brennan O'Keefe 42:06  
It's a fantastic book. I could tell you, as a man, the first time Kathrin brought it home and showed me, my eyes went wide. We think that men oftentimes use words with other men; it's this concept "locker room talk," that's such a scourge in our society. There are so many pieces to that, that I don't want to get into. But we also have shame around those words. It's insane. Sometimes it's pitched as though "Men don't care, but women have shame around it." No, the fact that my eyes bulged when she brought that book home is an indication that I wasn't even comfortable with her own ownership of herself. And so, this is an incredible book, but the reason we bring it up is because you have to learn about yourself. You have to take ownership of your pleasure, in the same way you take ownership of your fulfillment, of your business. We're doing MBA right now, so the way that you're taking ownership of your relationships, your finances, your thoughts, your emotions, your thinking, and all those different things; this is ownership of sex. This is ownership of a piece of the fulfillment that you're seeking from business, relationships, and all these different things. You have to take ownership, and that takes courage. But it just starts by opening the book - any book - opening your journal and being honest with yourself about, "What do I know about myself? What don't I know? What have I transformed in myself to please other people, or to please partners, or that I thought that they would want"

**K** Kathrin Zenkina 42:16  
Yeah.

**B** Brennan O'Keefe 42:16

Do a reset. You're running Windows '95. Go ahead and wipe Windows '95, and let's update it to a Mac with Leopard, or something. You're running an outdated program, so it's time to just be honest with yourself. What do I know about myself? What do I know about my blueprint? Do I like soft, gentle touches? Do I like soft, but firmer touches? Do I like it when someone touches my leg, or my neck? Do I like kissing a certain way? All these things matter, there's no shame around them. I think it's really important that you just begin to recognize that.

**K** Kathrin Zenkina 44:21

Go out there and learn whatever your partner is, and approach them as someone who is just fascinated to learn more about them. Approach them as the investigator with no judgment; pure objectivity and as much objectivity as you can bring into this experience. After the Relationship Trip, Brennan and I have opened up our journals and said, "Kathrin, I'm going to make a checklist for you. What is it that you like? What is it that you don't like?" And then I did the same thing for him. Even if he says something that I find weird, there is no judgment.

**B** Brennan O'Keefe 44:59

There can't be.

**K** Kathrin Zenkina 44:59

There can't be judgment because, again, that breaks the cardinal rule of trust in a relationship.

**B** Brennan O'Keefe 45:05

Safety, exactly.

**K** Kathrin Zenkina 45:05

That safety. And again, especially if it's male doing it to female and the female doesn't feel safe, then you already haven't met at least one of the three needs of the feminine. And so, that already puts you in a worse off place than before, and she definitely will not want to have sex with you. So, Brennan, what are some of your accelerators and brakes?

B

Brennan O'Keefe 45:30

We had a laugh. We were talking about this before. Kathrin is just a wild spirit. She is a feminine goddess. She is a force - as probably all of you know. So, she shifts. Have you ever heard the saying that islands are feminine spirits, because they are bright and sunny, and then storms come in. I heard Tony talk about Hawaii being like a feminine vortex or a feminine spirit. Everything's always changing - It's raining, then it's sunny, then there's enormous, crashing waves, and there are little ripples, and all this stuff. So, Kathrin has a lot of that energy in her. So, one of the things that really is a brake for me is being criticized. I have a really hard time going from being, "Wow, why didn't you do that? How could you have not done that?" And then 20 minutes later - you know the idea that a lot of people talk about makeup sex - in my blueprint, I don't feel like it.

K

Kathrin Zenkina 46:02

The weather is constantly changing. Yeah, there's no such thing as makeup sex in either of our blueprints. We've never had makeup or angry sex - none of that. And that's not saying that there's a right or wrong way to do with. It could be your personal way of coping with conflict. That's just for us. It's 100 percent a brake. If I'm criticizing him, or he's criticizing me, then forget it.

B

Brennan O'Keefe 46:58

Yeah, exactly. Know thyself. You might find that, in your relationship, it's a great way to de-stress high-intensity situations. Maybe you're having a challenge, or there's a baby screaming and when you get a moment, maybe it helps to have that euphoric moment. But that's not for us to decide - it's not for anyone in the world to decide. There's no right or wrong; it simply is, "What is serving me in my relationship? What is serving me in my sexuality?" And, guys, we haven't even touched on this yet - and I know we're getting there - but you can probably hear from Kathrin and I that we are not talking about this for the first time. Communication is one of my number one values. We talk about things, and it is not all rosy and dandy all the time.

K

Kathrin Zenkina 47:46

No, it can be very uncomfortable.

B

Brennan O'Keefe 47:47

It can be uncomfortable. We are both unafraid to be put in the spotlight by our partner in the ways that we need, and sometimes, that is extremely uncomfortable.

K

Kathrin Zenkina 48:02

And it's because the rewards of that are so great, it sucks at the moment, but what is the alternative? The alternative is for you not to have such a passionate relationship; for you not to understand your partner; not grow together and be roommates, versus vice versa, where if you are just honest and transparent with each other, and willing to share like what your boundaries are - sexually, emotionally, physically, what are your boundaries? Being really open with one another is only going to strengthen the relationship and it's only going to grow.

B

Brennan O'Keefe 48:37

I think we've addressed this in one of the bonus modules for MBA, as well as, I think we talked about it on another podcast much earlier on. Communication is so important, and I can already see questions from all of you guys coming in and saying, "What if my partner is really closed off? What if he doesn't want to talk about it? It's easy for you guys to talk. Lucky you, you have such a supportive partner to talk about things." Yeah, that's so easy to say. But let me ask you this: What is your role? What I mean by that is, it always takes two people. It's my belief in every situation; it always takes two. I understand that can be controversial, but I believe it. So, my question is: what is your role that is not creating a safe environment for someone to share? Man, woman, LGBTQ, it doesn't it doesn't matter. It doesn't matter where you are in the world, what age you are, how long you've been together, how short you've been together, or whether you're casually dating on one of the dating platforms. What is your role? We teach self-accountability and ownership. So, what is your role in the relationship that is not allowing what you want the relationship to look like? That can be very uncomfortable. Sometimes, the decision to that is, "I don't feel like this is working because I really have tried everything." And I'm not going to sit here and tell you that it's not true. Maybe you really have tried everything, but I want you to understand that the truth isn't that you tried everything; the truth is that you tried enough, to where you realized it wasn't worth it. Because we've never tried everything. But when we try enough and we realize that we're not getting the result, we recognize at some point that we need to make a different decision. We need to make an adjustment. So, I just wanted to bring that up, because a lot of you will say, "Well, I can't communicate with my partner like that. He's closed off, she's closed off. We don't talk about stuff like that."

K

Kathrin Zenkina 51:04

If you're really being honest with yourself, you could also go back to the three masculine and the feminine needs. Is there something that you're not doing there? I see those as the

core in our relationship. Anytime I feel like something's off, I ask myself, "Have I praised him today? Have I adored or admired him today? And have I given him, if not sex, at least met his love language of physical touch? Have I given him a kiss? Have I given him a hug? Have I just rested my hand on his knee?" Anything like that which I know is going to fulfill his need for intimacy. That sex part doesn't just mean intercourse; it could mean anything on a physical level that categorizes as being intimate or sexual. So, if I haven't done those things, then perhaps I can start there. I know that if something is wrong beyond that, then we have a deeper issue and we can dive into that deeper issue, and vice versa. For Brennan - and I'm not going to speak for you, but I'm assuming that when you go back to those three cores of the three feminine needs, it's a game-changer. All of a sudden, I'm alive again, and we can move on from there.

B

**Brennan O'Keefe** 52:12

Totally. Kathrin brought up something so important. This isn't our framework. This is something that Alison Armstrong developed that Tony Robbins taught us, and Alison. Tony uses a lot of language as part of NLP. He uses language that catches your attention. But I've told Kathrin this a million times: My need as a masculine actually isn't just sex. Intimacy actually matters way more than the physical act. Intimacy, to me, can mean so many things. It's the effort at intimacy that matters, literally more than everything. So, what that can mean is this: Does that mean that intimacy could be "She puts her hand around my neck, and she knows that I love touching on my neck when my hair is short." That is a connection, and to me, is the same as sex. That sounds interesting, but in my blueprint, that connection, that adoration in a physical manifestation, to me is what fulfills that need for sex. Men get a bad rap that they always want "it" all the time. I think, at least for me - and I can only speak for myself, I can't speak for your partners or your relationships - but in my experience, I need intimacy all the time. The physical manifestation of intimacy has many different channels and pathways. So, touching my neck, or just giving me a really soft kiss on the forehead, or holding my hand - surprising me, not when I reach to hold your hand - but when you come and find me or hug me, or laying in bed really close. All this physical proximity is what that word "sex" actually means. Now, that's in my experience. In your experience, you're going to have to communicate with your partner to understand what the three needs the masculine manifest physically for him, because they will look different than me.

K

**Kathrin Zenkina** 54:28

Yeah. I wanted to also talk about with you, babe, or actually talk about with the listeners, is the concept of desire. I know that I'm being super freakin' transparent right now, but I know, for me, we've struggled in our relationship at many different times with desire. Some

of the things that I've learned about myself over the last few years has really gotten us to this place, where I think that our sex life has never been better at this point. It's at its - I don't even want to say prime, because I don't want to limit it. I don't want to say that it can't get better, because why not get better? Why not, right? Why not have it all? But it's just been incredible. For me, my struggles have really come from, for instance, when I had my breast implants in my chest and in my body, that was severely limiting my libido. I almost had a non-existent libido for the last part of my breast implant illness, when the illness came about. It just was not working for me. I know, for me, the hormonal birth control that I was on prior to my relationship with Brennan was such a libido-killer for me. I know that heavy metal toxicity could be a libido killer - a desire-killer. I also know that, for me, my IUD - my non-hormonal IUD - was creating a pH imbalance and also putting heavy metals into my body. That was drastically reducing my libido. So, I have used all kinds of vitamins, supplements, and herbs. There are a lot of practices that I do myself, like self-pleasuring, taking certain herbs, or whatever. You guys can Google what herbs women can take in order to increase their libido. You can do all those things. But if there's something behind it that's really just putting a damper on your libido and your desire, to really look into that and to remove those things, so that they're no longer in your way. On top of that, what's really helped me beyond just removing those things - because that improved our sex life a ton. But beyond that, it was just really a game-changer for us: What is my accelerator? And what is my brake?

B

Brennan O'Keefe 56:51

Yeah, this is the one - I would say the two most - the three things. There are three pillars. The first is communication. I've talked about it, Kathrin's talked about it. You know it. We don't need to talk about it anymore. Communication is vital, and finding a way to communicate that works for you and your partner, is the most important thing in your relationship - physically, emotionally, mentally, spiritually, and all of it. Then, obviously, the needs of the masculine and the feminine have really helped. But, I would say, in the physical manifestation of intimacy, understanding Kathrin's accelerants, understanding her brakes, and then having her understand my accelerants and my brakes gave us a formula - and I don't mean a formula to sex. I mean, a formula to intimacy. Do you see the difference? It's not "this" plus "this" equals "sex." It's: if we do these things, it will lead us in proximity, in an environment that would welcome a multitude of interactions, no matter what they are. It's those decisions that matter, because it could be that we just once and go to bed, but we both feel fulfilled intimately.

K

Kathrin Zenkina 58:02

Yeah.



B

Brennan O'Keefe 58:03

Or it could end up in a number of different variants. But do you see what I mean? It's making the decisions to have accelerants. Sometimes we both are building our accelerants. Kathrin then says, "I'm tired." And I already know that, because I'm already tuned into the fact that she's tired. But the fact that we had that intimate moment, was all that we needed.

K

Kathrin Zenkina 58:22

Yeah, I wanted to talk a bit about more practical tips that have also really helped us. Number one, and we've mentioned this a couple of times already, self-pleasure is key. Brennan and I have been very open in our relationship to welcome and to invite sex lives outside of our relationship. What I mean by that is not literally outside of our relationship, but outside of our own connection with each other. I have no problem, whatsoever - and I know that some women get threatened by their partners self-pleasuring themselves. "God forbid he turned the porn on! God forbid that he masturbated, and I didn't know about it, or I'm uninvolved and that means he lost interest in me." It doesn't mean any of those things. It just means that he's fulfilling his own goddamn needs. And guess what? Relationships are not just about the other person meeting your needs. It's also about you meeting your needs and inviting in that generous lover to come through in the other person by you being a generous lover, and by you understanding that if you fulfill your own needs, and you're a generous lover - whatever you do on top of that is just a bonus. And vice versa. Brennan is also very encouraging and open around my self-pleasuring. Him and I have gone to sex shops together, and I have tons of toys, and he gets so excited. If he ever sees a toy in my vicinity because he knows I recently used it, this man smiles from ear to ear. It is not about him feeling threatened, or him feeling like I'm dissatisfied by him. Men will sometimes think, "She's not she's not interested, I'm not big enough, I'm not this enough, I'm not that enough." Really, it has nothing to do with that. I believe, as human beings, we should have that relationship with ourselves, and that it's totally okay - even if you already have a spicy relationship within the relationship. If you don't have a spicy relationship, and you're developing that, at least in the process, you're still meeting your needs, and you're still learning about yourself so that you can then translate all that data and information to your partner.

B

Brennan O'Keefe 60:37

And, conversely, if at any point - and this is okay, we're going to release some shame right here. If at any point you've thought, "Man, I wish my partner was just better." Pause. How much time have you spent learning about yourself? Do you think that if you were a better instructor for yourself and understanding your body, that you could then teach your

partner how to be even better? That takes courage; it takes saying, "Screw you, ego. Get the hell out of here."

K

Kathrin Zenkina 61:08

I would say lowering the ego down when you're having sex, and literally not being afraid to tell the other person what you like and what you don't like. "You're doing too much of this. Can you please stop that? Can you do more of this? I really like that." Being as vocal as possible with each other. As much as that sounds so uncomfortable in the very beginning, depending on where your relationship currently is and the level of comfort that you guys have with each other on this topic. Just opening it up - maybe it's not while you're having sex, maybe it's before or after. You just kind of summarize, "Hey, babe, I just want to let you know this kind of hurt me a bit," or "That didn't feel too good," or "When you did that, oh my god, that felt amazing." And then the next time - guess what? He or she is going to say, "Fuck yeah, I'm doing more of that again, because I want them to be happy." And vice versa. When you have a strong ego, you immediately connect your self-worth with the other person's pleasure. And that's a huge mistake. If you feel like if you didn't perform well enough, then you're not good enough, then that is just going to not only make you suffer, but the other person suffer too; because then they don't feel like they're safe enough to communicate with the other person about what their needs are

B

Brennan O'Keefe 62:23

It's so important that you don't just simply say what doesn't feel good. You need to, yourself, find what feels good. If the masculine finds out that you didn't like something but isn't provided a solution to make you feel happy, all of a sudden, he's criticized and feeling closed off. These are what shut down the masculine, instead of admiration and praise. So, instead, it's "Wow, I did this thing. It felt so good. Can I show you how to do it?" It's as simple as that. "I did this thing. It felt so good. Can I show you how to do it?"

K

Kathrin Zenkina 63:00

Can I just share something that - I'm sorry, I'm going share this, Brennan. Brennan and I have literally watched each other self-pleasure so that we can learn what he does to himself and what I do to myself that feels good. I know this is way beyond and to the next level, but that's just to show you guys. We didn't start that way. We have grown into who we are today and what our sex life looks like today, but that is such a game-changer to just see what he does to himself that I could also do, add on to, and even add my flair to it. It's been such a game-changer.

B Brennan O'Keefe 63:21  
No. Absolutely.

K Kathrin Zenkina 63:39  
Some other tips: Brennan walks around naked a lot, and I am not the biggest fan of walking around naked. I like my sweatpants. I like being in clothes. I like the feeling of clothes on my body. However, something that's really helped us, is that at bedtime, sleeping naked - whether it leads to sex or not - is such an accelerator for both parties because when your body is naked within the vicinity of your partner, your loved one, your husband, your wife; just by the proximity itself, you are way more likely to develop the desire and that electrical chemistry between each other that is happening on a biochemical level. Just by your brain knowing that there's a naked person next to you in bed - whether or not that leads to sex. I'm not saying that because we sleep naked, we have sex every night. We don't, and that's something else I wanted to quickly mention. Part of your data collection from each other is a question Brennan and I ask each other: How often do you need sex in order to be the happiest and most fulfilled version of yourself?

B Brennan O'Keefe 64:48  
And that answer changes all the freakin' time.

K Kathrin Zenkina 64:51  
It changes, and it's also not the same number for both of us. So, that's another interesting conversation; for him to know that he's not going to get that many days a week, so that then he can say, "Okay, that's fine. At least I'm comfortable self-pleasuring myself so that I do feel fulfilled, even if you're not ready to commit to that many times per week."

B Brennan O'Keefe 65:10  
And supported, not just fulfilled - also supported.

K Kathrin Zenkina 65:13  
Supported, yes.



Brennan O'Keefe 65:15

It's a really generous gift to be able to have conversations with your partner, and to really support their needs.



Kathrin Zenkina 65:22

Yeah. Another thing that's really helped us, is keeping - and this is hard to do, especially in this day-and-age, and I'm sure quarantine is making this a little harder because at night, you go, "Let's watch some Netflix. Let's watch some movies. Let's entertain ourselves. Babe, I have some work I need to get done before bed, I forgot to do something."



Brennan O'Keefe 65:46

And we're so guilty of this, too.



Kathrin Zenkina 65:46

And we're not perfect at this. However, we have found that this helps. So, if you're willing to be very disciplined with this, this could make a huge difference, which is to keep electronics out of the bedroom. That includes your Kindle, your laptop, your phone, as well as the TV. Right now, we do have a TV in our bedroom, but when we end up refurnishing our place and rearranging things and buying new furniture that we planned on doing before this whole thing happened. And now, we're kind of stuck at home. There's no way we're going to do anything with our furniture.



Brennan O'Keefe 66:21

I don't need a Corona Couch for a few months.



Kathrin Zenkina 66:22

Yeah, we don't need that right now. So, our plan is to actually take the TV out of the bedroom, because we just know that these distractions are keeping people from really connecting.



Brennan O'Keefe 66:33

Quality time.

**K** Kathrin Zenkina 66:34  
Yeah, it's all about quality time. If even the last hour before you go to bed, have no electronics; put your phone on the charger; put it on airplane mode, or whatever you have to do. Instead, just talk with each other, giggle, wrestle, and do stupid shit. Brennan and I have pillow fights all the time; it's actually ridiculous how often we have pillow fights, and how we start wrestling.

**B** Brennan O'Keefe 66:55  
Last night.

**K** Kathrin Zenkina 66:55  
Yeah, like last night, we had a pillow fight and we started wrestling each other. We just do these silly things. Because we are doing them without any distractions, not only are we getting our needs met for quality time and having our love languages met, but we are also connecting in a way that is more likely to lead to some sort of pleasuring act, aka sex -

**B** Brennan O'Keefe 67:21  
Or intimacy.

**K** Kathrin Zenkina 67:22  
Yeah.

**B** Brennan O'Keefe 67:23  
Which is -

**K** Kathrin Zenkina 67:23  
Intimacy, which - I mean, how do you see intimacy? You keep saying that, but I see sex within intimacy.

**B** Brennan O'Keefe 67:30  
I think that - and maybe I'm just projecting onto the feminine, which I apologize for. Sex, to me, can be misconstrued as such a physical, explicit example of connection. So, when I

say intimacy, what I mean is that quality time is leading to physical proximity, and releasing expectations of that outcome.

**K** Kathrin Zenkina 67:51  
So, you see intimacy as a connection; I see sex as a subcategory of what could be inside of intimacy.

**B** Brennan O'Keefe 67:57  
Yes, okay we're agreeing on the same exact thing.

**K** Kathrin Zenkina 67:58  
This is so funny, you guys. All the time, Brennan and I start going at each other a little bit, questioning, "What do you mean? What do you mean? What do you mean?" And then, we find out that we're saying the exact same thing in a different way. Every time - like 99.99 percent of the time in our arguments - we realize that the whole time we've been saying the same thing, just in different ways. That's just to show you guys masculine and feminine energy; it acts differently, but it could mean the exact same thing. So, another thing I wanted to talk about was orgasmic manifestation.

**B** Brennan O'Keefe 68:33  
What?

**K** Kathrin Zenkina 68:35  
Yes, you guys. You can use orgasms, or sex in general, to become better manifesters.

**B** Brennan O'Keefe 68:42  
What?

**K** Kathrin Zenkina 68:43  
This is something - shut up! This is something that I learned, personally, about two years ago, that has been such a game-changer for me. In terms of my manifesting abilities, it's really sped up ever since I mastered this. This is something that I actually taught Brennan, and now this is something that we do together. I don't know if this is something that you

also do by yourself. Do you remember to orgasmic manifest?

B

Brennan O'Keefe 69:07

No, I don't but now I'm getting a very public reminder on a podcast to millions, so -

K

Kathrin Zenkina 69:12

Never waste an orgasm, you guys. So, basically what orgasmic manifestation is, is the premise that via a sacred sexual act - such as orgasming, self-pleasuring, being pleased in a relationship, or having sex or whatever - that, essentially, sex orgasm and pleasure is all about creation. If you think about it, technically speaking, what are you having sex for? Eventually, it's to make a baby. The very act of releasing sperm and releasing an egg, it's all about creation; and how sex is the very thing that creates us. And so, if it can create us - if it can create a soul, if it can create a human being - then it can also create any other desire in your life. Manifestation is essentially an act about creation, and orgasmic manifestation is basically an orgasmic act of creation. It really goes hand in hand with sex. You can use your orgasm, literally, to draw into your life what you want most, by knowing when to time that manifestation into sex; whether you're having sex by yourself, or you're having sex together. It really comes down to sending that creative energy. It's like directing the energy of the orgasm to a mental image of your deepest desires. This also really helped me see sex as a spiritual act, where it's not just me fulfilling my physical needs as a human being, but this is actually something that my soul is enjoying too - which is so cool to think about. When you think about it on a spiritual level, it's either one soul doing it or two souls - or whatever you're into, three souls, four souls, or whatever. It's these souls coming together to create something, and it doesn't always have to be a baby. You can create whatever it is that you want; that is your power as a creator. One of the avenues for that is through orgasmic manifestation. And, personally - and I know that Brennan and I, when we practice this together, it's kind of fun. Before we begin, we say, "Okay, the next time we have sex and it leads to an orgasm -"

B

Brennan O'Keefe 70:05

"Don't forget, Brennan!"

K

Kathrin Zenkina 70:55

"Don't forget, this is what we're manifesting!" And so, we literally use this for our R8, we used this for our condo, we used this for healing. Anytime I need some sort of healing or he needs some sort of healing, I use my orgasmic energy, or he uses his orgasmic energy, to

really infuse one another with that vibration. It really is just a vibration. This is an amazing technique that I actually expand so much deeper in on. If you guys are curious about this, or interested in it and you're wondering, "What is this? I've never heard of it." Or maybe you've heard of it and you're really curious to know more, this is part of a whole module that I have inside of Manifestation Babe Academy - which, if you guys didn't get the memo, is actually open for enrollment right now. I believe it's until -

B

Brennan O'Keefe 72:23

April 1.

K

Kathrin Zenkina 72:23

April 1! Yes, thank you. I love that I always have my business partner here to remind me of my dates. So, April 1 at 11:59 pm is when the doors closed for this special round of the Manifestation Babe Academy - which, if you haven't heard in the previous episode, I'm actually doing, especially at this interesting time that we are collectively going through right now, my team and I decided to create a 12-month interest-free installment plan to make this as accessible to as many souls as possible. So, whether it is a topic like or orgasmic manifestation that interests you, or in general just learning how to become the manifester and creator of your life, because that is your divine birthright, your duty, and your obligation, as a soul here in human form, to use this physical game to create whatever it is that you have come here to create. If you don't know what you came here to create, just tune into your heart, and tune into what you most love what you're most passionate about, and what interests you the most. Do you have any -

B

Brennan O'Keefe 73:31

Yeah, I was just going to say - I mean, Kathrin goes into such great detail in the Manifestation Babe Academy.

K

Kathrin Zenkina 73:37

Oh, and we have joined modules inside of MBA which is called How to Get Your Partner on Board with Manifestation - which I know that there are a lot of people who enter this world of the law of attraction and manifestation, and basically, they're into it but their partner isn't into it; and they're concerned that their partner is preventing them. Some people just have to blame someone, and so they start blaming their partner, thinking that their partner is responsible for their lack of results. In this module, we talk about how that's not necessarily true, and how you can inspire and get your partner on board with



manifestation - whether or not they are resistant or accepting of it. No matter what their opinion of it is, we teach you exactly how both of you can develop that relationship, where you guys are both co-creating your life together. Again, that spills over into orgasmic manifestation, where you can actually give your partner a fun activity to practice manifesting, in a way that they really have fun with, or appreciate. Not just tell them -

B

**Brennan O'Keefe** 74:44

Kathrin said something brilliant last night. She said - we were talking about this exact incident in getting someone on board. She said, "The difference is, you have to compel; not tell." If you can compel someone to do something - You'll be successful. But if you tell them, it'll never happen. If some of you are out there, listening and wondering, "This has been an interesting talk and I learned a bit about Brennan and Kathrin - maybe a little more than I wanted to know - but is this real? This can't really be real." You know, there's science behind it, if you really look at it. Have you ever gotten a car - new or used - and, all of a sudden, you see it everywhere? You see it everywhere. I can't tell you how many times in my life; I got an Acura TL, and all of a sudden, I saw every Acura TL in California, basically. That's exactly the part of your brain that's called the reticular activating system; it's picking up on the connections that you're making, emotionally, and it's highlighting those. There aren't more Acura TL's in the road; there's just more awareness of them. So, the exact same way that works, in a scientific sense, in your brain and your RAS (reticular activating system) works in the same way as the vision board. You're connecting neurons to the things that you want. It's the same way it works in orgasmic manifestation. If you're focusing energy on what you want, then guess what? It will probably have a tendency to peek its little face much more frequently or much more quickly than other things, because you've tied massive amounts of energy and emotion to that outcome.

K

**Kathrin Zenkina** 76:27

Beautiful. If you guys are ready to enroll in the Manifestation Babe Academy, you can go to [ManifestationBabeAcademy.com](https://ManifestationBabeAcademy.com) before the doors close on April 1. Brennan, do you have any final words on this amazing topic that we've been talking about today?

B

**Brennan O'Keefe** 76:45

Oh, man. I just want to thank all of the listeners - all of you guys - for holding space. I think that Kathrin and I operate with a lot of radical transparency and radical courage in our relationship and our life. Thank you for holding space and allowing us to share all this with you. I hope that it was helpful to you guys. So, thanks for bringing me on, babe.



Kathrin Zenkina 77:08

And, as always, stay healthy, stay safe, and we will catch you - or I will catch you - in the next episode. Mwah. Bye. Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep up the good stuff coming your way. If you aren't already following me on social media, come soak up the extra inspiration on Instagram by searching @ManifestationBabe, or visiting my website at ManifestationBabe.com. I love and adore you so much, and cannot wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.