



Episode 189: Let's talk about sex with sex therapist Vanessa...

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SPEAKERS

Kathrin Zenkina, Vanessa Marin



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, then 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 the tools, the resources, the 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, my beautiful souls. Boy, do I have an episode for you. A couple of months ago, my husband, Brennan, and I recorded an episode talking all about sex. We talked about sex from our perspective, mostly as a married couple and how we navigate all of the things when it comes to our sex drive, and desire balancing masculine-feminine energies, being comfortable around one another, etc. Well, today, instead of just sharing my personal experience, I brought on a sex expert. I know I like to use this word a lot, but let's go ahead and appropriately match it to a very well-deserved topic. This episode is juicy, and we get very personal. Let me just tell you, I share things I never once thought I'd ever share on the

podcast, which is always fun, of course. I just have no filter. I'm super open and transparent. I know that Brennan and I were super open and transparent with our last episode, but I just go on a whole other level in this episode, which I hope you guys enjoy. If you guys don't know who Vanessa is, Vanessa Morin is a licensed psychotherapist specialized in sex therapy. She's here to help you stop feeling embarrassed about sex, and start having way more fun in the bedroom. She has a bachelor's degree in Human Sexuality and Sociology from Brown University, and a master's degree in Counseling Psychology. She has written for the New York Times, Alert. and Lifehacker, and has been featured thousands of times - very impressive - in major publications like O the Oprah Magazine, Harper's Bazaar, Refinery29, And Real Simple. Vanessa specializes in online programs that help you transform your sex life from ordinary to extraordinary, all from the comfort and privacy of your own home through courses like Finishing School, learning how to orgasm, and the passion project - a couple's blueprint to rediscovering desire and reigniting the spark. She finds immense joy in spreading the message that we all deserve more from our sex lives. I agree. Vanessa and I will also be giving guys a special link that she created just for you to go check out resources that she created for the Manifestation Babe Podcast listeners, that I know you will absolutely love. You can find the link in the show notes, as well. Just in case you don't remember how we spell it out for you, what I'm about to say, or you're having trouble finding it, t's going to be linked directly in the show notes. But I'll also let you know that it's [VMtherapy.com/ManifestationBabe](https://www.vtherapy.com/ManifestationBabe). Alright, I don't want to take up any more of your time with this intro, so let's just go ahead and dive right in. Hello, Vanessa. Thank you so much for coming on to the Manifestation Babe Podcast. I am so excited for this super juicy topic that we're getting into today. I know it's going to help so many people. Vanessa, I'm so excited to have you here. How are you today?

V

Vanessa Marin 04:44

I'm doing great. I'm so excited to be here too. I'm just thrilled that you are willing to go there with your audience because you're so right. Even just having the most basic conversation about sex really helps people because it's still something that we do not talk about. I'm just so honored that you're willing to go there, and that you're letting me come along for the ride with you.

K

Kathrin Zenkina 05:04

It's so fascinating. Everybody wants better finances, and everyone wants a better sex life, but for some reason, these are the two things that we just don't talk about, were embarrassed to talk about, it's taboo to talk about, or we're looked at weird if we talk about money and sex in public. So, I love that we're broadcasting this. I love that we're putting it out there and making this an open topic, so that women and men no longer feel

shame around this. So, yay! I'm so excited. Okay, so you are a sex therapist. How in the world did you get into what you're doing today? What's the backstory?

V

Vanessa Marin 05:41

So, this whole career traces back to my parents trying to give me the talk. Did your parents ever try to give you the talk?

K

Kathrin Zenkina 05:51

I never, ever once talked about sex with my mom. I never got the talk. It was just one of those things we don't talk about until she found out that I was having it. I kind of got shamed a little bit of, "I wish you would have waited a few more years. I wish you would have waited until you were 17 years old." I felt really bad about myself, because I started when I was 14. I was like, "Oh my God, I'm such a slut." All that title conditioning starts coming in. So, no, I didn't have any formal talks.

V

Vanessa Marin 06:22

My parents - they tried, which I will give them some credit for. I know it's a hard thing to do, but our version of the talk was basically them asking me, "If you have any questions about you know what -" they didn't even say the word sex, "- you can ask us." I was about 12 at the time, and I remember knowing in that moment, "They're telling me that I can ask questions if I have them, but what they're really saying is, 'Please, for the love of God, do not ask us anything right now. We don't want to talk about it.'" I remember, even at that really tender age, sitting with that and thinking, "Why can't we talk about this? I actually do have a lot of questions. I'm really curious, I'm starting to hear stuff on the playground and from my friends." I really wanted to be able to talk to them about it, but I was really struck by how uncomfortable they were. So, at the age of 12, I had no idea that sex therapy was a career that I could pursue. But that moment just really stuck with me in the back of my head for years and years, until I got a bit older and started thinking about what I want to do with my life. I just kept coming back to that moment, and I wanted to help people talk about sex and help them realize that it doesn't have to be embarrassing. It's something that we all do, and it's a part of all of our lives, so why can't we just talk about it? Still, to this day, that's really the crux of everything that I do; is just helping open up these conversations.

K

Kathrin Zenkina 07:46

I love that. That is incredible. What do you find amongst the people that come across

your work and the people that you help? Are most people pretty embarrassed about this topic? Do you feel like they hold themselves back from some of the questions that they ask you, or do you feel like people have been opening up more and more as our society is kind of, quote-unquote, progressing forward?

V

Vanessa Marin 08:08

We definitely have made a lot of progress, but I think most people still feel this really central shame or embarrassment, around sex. Maybe they can talk about it a bit more openly than they used to before, but there are still a lot of things that they won't talk about, or feel way too embarrassed to talk about. Particularly from women, because I work a lot with women and the female orgasm, and I hear a lot from women, "I can't even talk to my closest girlfriends about this." And so, I think that's a sign of how difficult it still is for so many of us; even our best friends in the world, we don't feel like we can be fully open with them.

K

Kathrin Zenkina 08:45

Yeah, this topic is so fascinating. I was someone who was super embarrassed to talk about it with my close girlfriends. Never in my life did I ever want to hear the words come out of my mom's mouth, because we just didn't. Now, we have that relationship; before, we just did not have that relationship. But me and my husband share a similarity. We were actually those kids since the age of eight, nine, or 10 - around there, when we started kind of growing into puberty slowly, but surely. We would find ourselves in the sex section of Barnes & Noble. We would read every single book. I remember taking books, taking another book, and hiding the actual book inside for hours. I was so curious, and so was he. We laugh about it so much, because we wanted that knowledge and we were so curious about it, but it was still that shame. Even now - this is so funny. So, I have bought a lot of books on female sexuality, recently. I read a ton of them, and then I have a bunch that I'm still going through on my bookshelf. So weird, but when Brennan and I were in Sedona a couple of weeks ago doing a launch, when we came home, the women who were cleaning our home a couple of days before we got back, they literally organized all my sex books and put them on my bedside table. I was like, "This is so funny. This is so random." I slightly felt a twinge of embarrassment, and it just shows you there's still so much conditioning that needs to be undone. So, I'm so excited to dive into this. Let's pick a topic. Let's talk about - this one really came up for a lot of women that I polled this morning. I polled my audience, asking, "Guys, your girl is interviewing a sex therapist for the podcast today. What do you want to know? Ask your most embarrassing questions. Doesn't matter, you're going to be anonymous, and I'm going to call you out. It's okay." Libido came up for a lot of people, especially mismatched libido. Some women and men feel, "I have an overactive

sex drive, and my partner doesn't have much of a sex drive," or "I have a very underactive sex drive, and my partner has a very overactive sex drive, and I feel guilty about it," or "they feel guilty about it." It never really aligns at the same time. Can you speak on that? What is the deal? And can we ever align ourselves to have similar sex drives with our partners?

V

Vanessa Marin 11:24

Yeah, that is such a great question, and that's something that so many couples are struggling with. The place that I always start with this is that it's really important to recognize that every single couple has mismatched sex drives. We hear that phrase, and we get really scared and nervous about compatibility, and is this really going to work? But the reality is that you're two different people with two different sets of needs and desires, and you're never going to find another person who wants sex at the exact same time, in the exact same way every single time that you want it. There's always going to be some amount of mismatch. So, I think if we start there with normalizing that it's okay to have mismatched sex drives. I have mismatched sex drives with my husband, Zander. Just normalizing it takes away some of the anxiety, shame, and fear, and then helps us realize that there actually are ways for us to balance our needs with our partners. So, we just have to start there. It's kind of similar to in relationships in general. We're fine with acknowledging, "I'm a different person from my partner. I have different needs from my partner. I communicate in a different way; I need apologies in a different way; I like to do different stuff for date night." We don't get as freaked out about those differences. We just accept and acknowledge them, and find ways to compromise, but with sexual desire issues, because sex is such a taboo topic, we just get really freaked out, and then we feel stuck.

K

Kathrin Zenkina 12:44

Hmm, that makes sense. So, how many different sex drives are there? Is it just low, medium, or high? Do you find that there's a common gauge that people have? Like, this is more normal, and this is abnormal? Here's what I'm really asking: If you have a really low libido, or low sex drive - like when I still had my breast implants inside my body, for me, personally, I never had a sex drive. My libido and hormones were all sorts of wacky. I just never wanted to have sex. As soon as I took them out, I could feel myself stabilizing and realizing, "Oh my God, this is how I normally am." So, is there a range or a gauge for when you should seek help? This is a hormonal issue, or this is a compatibility issue, or at what point does it become an issue? And how can we solve those issues? Am I making sense?

V

Vanessa Marin 13:44

Yeah, it makes perfect sense. I think we can look at it in two different ways: One is on an individual level, and one is on a couple level. So, on an individual level, it's really important to recognize that there is no such thing as a healthy sex drive. It's completely dependent on the individual. For example, I've worked with couples who had sex a couple of times a year, and they were totally happy, they felt very satisfied, and very intimate and connected. I've also worked with couples who have sex multiple times a day and said, "We're disconnected. Our sex drives are mismatched. We're not having anywhere near as much sex as we want to be having." So, it's just so relative. It's really dependent on the individual. So, I think the question that you want to ask yourself is, "How do I feel about my sex drive?" If your sex drive feels like it's on the low end, but you feel totally happy, satisfied, and it doesn't bother you, then it's not a problem. It just really depends on how we feel about it. It gets a bit more complex when you're in a relationship, and you're kind of navigating, "We're different people, and we have different sets of desires. When is this an issue?" I think that it's an issue whenever it's an issue for one partner. Sometimes, there's one partner who's feeling, "I'm disconnected. I want something different from our sex life," and the other partner is maybe not quite there yet. Maybe they're fine with how their sex life is, or they've got too much else going on, that they can't even really focus on your sex life. So, in that case, if it's bothering one partner, I think it's something that - we're partners, we're teammates, we're supposed to be working together on anything that bothers us in our lives. So, I think try to look at it in that way. If it's bothering one person, then it's worth the two of you having some conversations about.

K

Kathrin Zenkina 15:18

So, what's next if it is bothering? If it's bothering you, or it's bothering them, what are the steps that couples can take from that point? Is it just open communication, and trying to figure that out? Or should we seek outside help? Can you speak on that?

V

Vanessa Marin 15:35

Yeah. So, I think communication is always going to be the central aspect of it. Where you guys can really start is trying to figure out, "What do we need to make our sex life feel healthy, satisfying, pleasurable, and intimate to the two of us?" Again, it's going to be so different for so many different couples. I think a lot of times, we tend to overly focus on the frequency aspect of it, but there are a lot of other pieces of it, too. What kind of sex do we want to have? What sort of emotional connection do we want to experience? How do we want to feel before, during, and after sex? So, if you take the fixation away from the numbers - because again, people just get so freaked out about that - and how those more general conversations about, "What do we want our sex life to look like? What feels really

good for us?" That can help open up a lot of spaciousness to realize, "Oh, actually, there are a lot of similarities in what we're looking for." Another topic that you might want to talk about is what gets in the way of you guys having that kind of sex life. So, you mentioned how many different kinds of sex drives there are? There isn't really a question to that, but with our sex drives, I like to think of them as having a drive mode, and a reverse mode. Drive mode is the things that actively get us going and interested in sex, and wanting it. Reverse mode is the things that actively get in our way, or blocking us from having that. And so, you can kind of look at those dynamics as a team and say, "What gets in the way of us having this amazing sex life? Is it that we're exhausted all the time? Is it that we're only leaving sex for the end of the night when we just want to sleep? Is it that we don't ever have any alone time, and we're both just feeling really overwhelmed, and we don't want to have more connection? Is it that our bedroom doesn't feel like a very sexy place? We don't feel turned on in it." So, there can be tons of different answers, ranging from logistical, to emotional, to relational - all kinds of stuff. If you can take that through teamwork approach, it's almost like you're little investigators trying to discover, "What is it that's getting in our way, and what are the things that get us going?" So, those are fun answers, too. Like, "If I get to take a bath, I get really in the mood after that," or "If you do some chores, that really turns me on," or "If you initiate by just giving me a massage, rather than us talking about intercourse, that gets me going." There are a lot of different answers that we can uncover in both of those realms, and that we can then work together as a team to create.

K

Kathrin Zenkina 17:57

I feel like it's both partners getting on board and treating it like a game. I see it very much like a game of, "Does this work?" "No." "Oh, this is too much? Okay, gotcha. Not enough? Okay, gotcha." it's like trying to figure out this person has pieces of a puzzle, and this person has pieces of puzzle, and trying to figure out which pieces go together to get that match, where you do have everything aligned perfectly right, and there's enough desire, libido, and everything for you guys to have sex. I really see it as a game. Just speaking from experience, my husband and I discovered so much of this - what gets me going, and what makes me go "Hell no." For him, everything is a "Hell yes." He would do it in a dumpster. He's ready to go whenever. For me, what I realized, is that it's really about environment. If the house is a mess, hell no. If the bedroom is a mess, it's a no. If something stinks, no. Smell is very important to me. It's very, very environment. Also, I don't want it first thing in the morning, and I don't want to before bed. I'm too wired, and I want to get my day going. And then at night, I just want to go to bed. Some couples can finish watching TV together in the evening, doing whatever activity it is, or finish a hot date night, and then they go to the bedroom and have sex. For me, I found that my perfect time is the afternoon. The afternoon is when I give myself a break from work, and

it's way in advance of me being too tired. Since my husband and I discovered that, it's completely changed our entire dynamic around sex, where we no longer butt heads, or I no longer judge myself for having a - because before, I thought it was that I had a low sex drive. And then I thought to myself, "No, it's just that the environment is messed up right now," or I don't feel sexy because it's that time of the month, or it's because it's too late in the evening. That was a freaking game changer. And guys, we have been together for almost five years now, and we just discovered this within the last six to 12 months. It's like giving yourself permission to treat it like a game, is the sense.

V

Vanessa Marin 20:27

Yeah. So, I'm all about trying to give really practical, actionable advice to people, and one of the best pieces of advice that I can give to your community is, "Do not leave sex to the very end of the night." There's so much stacked up against you at that time. We're all exhausted; we're usually up too late, anyways. You're doing that mental calculation in your head of, "Okay, if I fall asleep right now, exactly how many hours of sleep would I get?" It's too much. There's no way that you're going to feel this wild, passionate desire to be intimate with your partner. If you are, maybe it's like, "Okay, we can do 30 seconds, and then I gotta go to bed." It's just not a good environment at all. So, don't save it to the end of the night. Prioritize it earlier in the day. I love what you're saying, too, about it being a game, because I think that too often, a lot of us get into this really perfectionistic mindset around sex. We just want to have this really hot, crazy, good sex life that takes no effort whatsoever.

K

Kathrin Zenkina 21:23

Like the boogie.

V

Vanessa Marin 21:24

Yeah, it just magically happens, and it's magically perfect. I think a lot of people - women in particular - put a lot of pressure on ourselves, with, "I should have this all figured out. I should know exactly what I want, and be able to tell my partner exactly what I want." I think the reality is that we don't ever know that. I really do like to think of sex as a playground; as something that we can constantly be exploring, and learning new things about ourselves and our partner. And so, if we can take that pressure off of ourselves of it being perfect, and everything just working, and instead take this more experimental mindset, like, "Let's try this. Okay, that didn't really work so well. Well, let's try this instead. Ooh, that worked way better." It's more fun, and you're actually going to uncover all those things that you want to know about what gets you going, what feels good for you, and

what makes you feel connected. Treat sex as an exploration and as a game that you guys can play together, rather than something that you should have all figured out already.

K

Kathrin Zenkina 22:20

Yeah, does the same advice pertain to solo sex? Because I know that not everyone is in a relationship, or not everyone is open. I had a couple of people saying, "I'm saving myself for marriage, and I'm getting married soon. So, I'm a virgin. I've never had sex with a partner." So, in terms of solo sex, does the same apply? Do you treat them as well?

V

Vanessa Marin 22:40

Absolutely. I think this is a particular topic that people do not talk about, so I'm glad that you asked this. Masturbation is a huge topic in general that brings up a lot of discomfort for a lot of people. We're all taught to be kind of ashamed of it. And so, what happens is, for the people who are brave enough to even try masturbation in the first place, you figure out what you like, what works for you, and then you just stick to it, and you just do that. A lot of times, we subconsciously put this pressure on ourselves to get it done as quickly as possible, because there's lingering bits of shame of, "I'm not supposed to be doing this, so let me just hurry up and get it done as soon as I can." And so, what happens is that we just keep masturbating in the exact same way, over and over again, every single time. Basically, what we're doing is training our bodies and our brains to only respond to that kind of stimulation. And so, we then get into a relationship with a partner, and of course, they're a different person; they can't touch us exactly how we touch ourselves. And so, you don't feel as sensitive. You're like, "Oh, I don't really like that. My partner is not doing the right thing, but I don't know how to even describe to my partner what I like to do." So, it can create a lot of issues for people of all genders, where your body just doesn't become as responsive as it would normally. So, it's so important to really kind of mix things up on your own. We say that advice to couples all the time - keep it spicy. We have to do that with ourselves, too. It'll help your body be more responsive, and it'll help you learn more about yourself, realize that there are so many different ways you can pleasure yourself - not just that one old rule, I-will-stand-by technique that you have. It's just more fun in general, too; we can take our time with it, and make it a fun and enjoyable experience. I like to compare it with if you're with a partner, and they're just rushing through things, and trying to get to the end as quickly as possible. Most of us don't really love that, unless it's the rare fun little quickie, but we don't want to do the same sort of thing to ourselves, where we're just like, "Just get it done with. Get it over with." What would it look like if we could slow down and enjoy the process and the journey?

K

Kathrin Zenkina 24:46

Yeah, and there's so much variety out there. Just sex toys, in general, there's such a variety. There's such a variety of things that you can do. So, I really love what you said about just relying on that one technique, or that one way, or that one time of day that you do it, or whatever it is for you. I love that you mentioned that because that's something that I realized early on. I got used to one certain way, and then when it would be partner sex, if they didn't do it that one certain way, I would never have an orgasm, ever. I had this intuitive hit one day, where I'm like, "I'm going to have to learn. I'm going to have to create new neural connections in my brain to respond to different types of touch, different speeds, and different variations so that almost anything feels good with a partner."

V

Vanessa Marin 25:40

Yeah, exactly. It's really great that you just stumbled upon that on your own, because it's something that freaks a lot of women out, when they get with a partner and nothing feels anywhere near as good. It's just that you've trained your brain and your body to respond that way, but it's not a permanent thing. It's not like you caused permanent damage. It just takes some time, practice, and exploration. So, a super practical tip that I like to give here is not to use any one technique more than 50% of the time. You don't need to have a little tally sheet keeping the exact math, or anything like that; but just in general, try to think to that of yourself. "I did that last time. Let me try something new this time." That way, it will help continue building new neural pathways for yourself, and making your body much more sensitive.

K

Kathrin Zenkina 26:22

I love that. Can we talk about orgasm? Coming from this topic, I've read many different books from many different experts, and I hear conflicting advice sometimes where, for one, it's - okay, let me give some backstory. I'm just going to be super open and share personal information. But for me, I was always led to believe that I'll never be able to have a G-spot orgasm or an internal orgasm. Until I read this one particular book, I think it's called - of course, I'm going to forget right now, but I'll link it in the show notes. There's this particular book I read on the plane coming home from Singapore, back to LA. I remember as soon as I got home, I decided to try it. It was almost like a belief shift more than a specific technique. It was like I had to believe that there's more than one way for me to have an orgasm. And so, as soon as I opened myself up to that, I was able to have a G-spot orgasm for the first time ever. And now, I'm able to have one with a partner, and I'm able to have one by myself. Before, I always read that if your anatomy is a certain way, or whatever, you can only have clitoral orgasms, and you can't have G-spot orgasms, and that not all women are made the same, blah blah blah. So, there is all this conflicting

advice and conflicting opinions. What is your opinion on that?



Vanessa Marin 27:41

This is one of my favorite questions to get asked. I actually have a prop here, which we're going to have to post a picture on Instagram, or something. You have probably seen this if you've been reading a bunch of books, but I actually have a 3D model of the clitoris.



Kathrin Zenkina 27:54

Oh my God, yes.



Vanessa Marin 27:55

I had to get it made in gold, just to be extra fancy. This is what the clitoris looks like. Most women do not know that this is the shape of the clitoris. What we think of as the clitoris is just the little nub of skin that you can see on your own body. But the clitoris is actually a much bigger structure than that. It goes up into your body, and it splits off into two legs, which you can see is this wishbone shape.



Kathrin Zenkina 28:20

Yeah, it looks like a wishbone.



Vanessa Marin 28:22

Yeah. So, the clitoris is amazing. The clitoris is the only part of the male or female body that is designed explicitly for pleasure. It has no other purpose. The clitoris is the biological equivalent of the male penis. So, we recognize that the penis is the most sensitive part of male anatomy, but for some reason, we don't give the clitoris the same amount of respect that we give the penis. There are all these dumb jokes about it. "Oh, it's so hard to find. It's very complicated. It's really mysterious. It doesn't even exist." All this kind of stuff. But the reality is, it's made from the exact same tissues that make up the penis; it's just a female body instead. So, I always like to start with the clitoris, because this truly is the center of the universe for female pleasure. It really all comes back to the clitoris. It gets me super fired up that we don't give it the same amount of respect that we give the penis. You don't see all these Maxim articles for men about "How to have an orgasm from your testicles," or "from your butt cheeks," or stuff like that. For women, we have all this, "You have to have a G-spot orgasm, an energy orgasm, and a nipple orgasm." My perspective is that it's great to explore any part of your body. You can feel so much pleasure in any part of

your body, and if you can be open, curious, and excited, that's amazing. But if you're a woman who struggles with orgasm, who has never had an orgasm before, you have to start with the clitoris because that's the part of your body that's designed to make you feel pleasure. And so, when it comes to the G-spot, it is a really controversial topic. You'll see some doctors and researchers saying the G-spot doesn't exist; some say that it does. There's all this mystery built up around it. The perspective that I buy into is that the G-spot is not actually a spot; it's actually just a range of a part of your body that is on the front wall of the vagina. What it actually is, is these ends of the clitoris.

K Kathrin Zenkina 30:17
So, it's part of the clitoris.

V Vanessa Marin 30:19
It's part of the clitoris. So, we think of it as this different spot, this magic hotspot button. A lot of women think, "I just have to find it and touch it - like you would touch a button - and that's an orgasm." But it's not. It's just the other end of the clitoris, and so it's harder to stimulate because in order to stimulate these ends, you're going through the walls, muscles, and tissues of the vagina, rather than directly touching it the way that you can with the external parts. So, it can feel good for a lot of women. For some women, there's just too much tissue and muscle in the way to be able to feel much sensation. But again, my belief is that if you're struggling, go to the clitoris first. Let's give the clitoris all the love and respect. Let's stop all this BS about how it's hard to find, and it's so complicated, because it's not. Once you've mastered that, explore other areas of your body. Get curious, and try new things out. It's amazing. You can feel pleasure in your elbow, if you want to, but start with the clitoris, first.

K Kathrin Zenkina 31:17
I love that. So, for women who have never felt an orgasm before - because I know there's some of you out there.

V Vanessa Marin 31:24
There's a lot more than you would realize.

K Kathrin Zenkina 31:26
Really? Care to talk about that?



Vanessa Marin 31:29

I mean, there are no great estimates out there of how many women, but I would estimate anywhere from 20 to 25% of women have never had an orgasm.



Kathrin Zenkina 31:39

No way.



Vanessa Marin 31:41

Yeah, and I wouldn't be surprised if it were much higher than that because this is something that is so hard to talk about. This is where that comment of "I can't even tell my closest girlfriends" comes from, most often. So many women say, "All my girlfriends can orgasm. I'm the only one who can't. I'm too ashamed and embarrassed to admit it." I've heard so many stories of women who will say, "I finally got the courage to tell my girlfriends that I have never had an orgasm, and all of them cried and said, 'I haven't either!'" But they've been friends for years and telling all these stories of "I had this crazy orgasm last night!" and "Oh, so amazing. I had multiple orgasms." And so, we feel this pressure, even with our closest friends, to say that we have. So, I think that there are so many women out there struggling with it, but who have never told a soul.



Kathrin Zenkina 32:28

Wow. So, what are your tips for them? Do you have a step-by-step process on how to have your first orgasm?



Vanessa Marin 32:36

Yes, I sure do. So, I think we're going to put together a little page for your community at [VMTherapy.com/ManifestationBabe](https://www.vmtherapy.com/ManifestationBabe). I will put some guides that I've written for my step-by-step techniques of exactly how to do it, but we could do a little quick recap right now, which is masturbation. Masturbation is going to be the absolute best way. A lot of women who've never had an orgasm will do one of my courses, and they'll say, "I just want to learn how to do it with a partner," But I really believe that we have to start with ourselves first. We should learn our own bodies, and what brings us pleasure. Truly learning how to make yourself have an orgasm is one of the most empowering experiences that you will ever have. So, it's something that every woman should experience. The issue that comes up with masturbation is that no one ever teaches us how to do it. You can find articles online that will tell you "Yeah, masturbate!" But nobody ever gives you specific

instructions. So, that's why it's really important for me to actually break down the process. I created an entire course called Finishing School that really walks you through an exact step-by-step, like "Do this, then you do this, and then you do this," to make it really super clear. I just hate that you see so many vague and generic articles out there saying, "Just masturbate and explore." You need a framework for how to do it.

K

Kathrin Zenkina 33:56

Totally. I love that you created a step-by-step because people like me would be like, "Everyone knows how to do it. You just do it." But it's so true, we can't ignore the people who are silent. They're just silent about it, but they're struggling with it, and it's a real struggle. Something that I share in my courses is called Orgasmic Manifesting, which is using your orgasm to propel energy into your desires. I swear to God, ever since I started practicing it about two years ago, it's one of my go-to strategies. But if you never had an orgasm, it's hard to do the Orgasmic Manifesting part, so I love that you created a how-to PDF - which, by the way, guys, I will put the link in the show notes. So, what did you say? It's VMTherapy.com/ManifestationBabe, right?

V

Vanessa Marin 34:48

Yeah, and I'll put a whole bunch of free goodies and information about all of our courses, and all kinds of stuff, there.

K

Kathrin Zenkina 34:53

Freaking amazing. Okay, so let's say we've been able to have an orgasm on our own, but for some reason, when we're with our partner, we get in our own heads, and we just can't seem to bring ourselves to relax, do it, experience it, and receive what is going on in that scenario. Can you share any tips for the women who can do it on their own, but not necessarily with a partner?

V

Vanessa Marin 35:17

Yeah, that is something that I can definitely relate to because I was having that struggle for a very long time, myself. I figured out how to make myself orgasm, but there was about 10 years where I couldn't orgasm with a partner. It was so frustrating because it was like, "How can I do this on my own - and it's so easy on my own, too - but it's so challenging with a partner?" So, I totally get it, I understand these frustrations. There are a bunch of different things. One, is what we talked about already, which is exploring different masturbation techniques. If you've been using the same technique over and over again -

and that's what happened for me, too - then that makes it a lot harder to reach an orgasm with your partner. So, explore different kinds of techniques. The second one is to then show your partner what it is that you like, and what works for you. I think, especially with us women, a lot of us have these fantasies in our head of a partner who just knows what to do, and does it all, and it's perfect and wonderful. But the reality is that nobody can read your mind, and all women are so unique, so your partner just can't magically know exactly what it is that you want. It stirs up a lot of, maybe the same kind of things that come up for your clients, not feeling like we deserve it, not being comfortable asking for what we want, or putting it out there, and allowing ourselves to be the center of attention. So, maybe doing some work with you also helps clear up some of those blockages, but just recognizing that it's okay to talk to your partner about what you like, to show them what you like, maybe masturbate for them, or the two of you masturbate together. You talk to them about what you like. That's another great tip, as well. The third one is specifically for women who are in relationships with men. I think the way that we've been taught to have sex really prioritizes male pleasure, and we get taught that we're just supposed to go with the flow, and let him do what he wants. There are so many women out there who aren't taking any sort of action, or taking ownership of their pleasure in the moment. They're having really boring and unpleasurable sex. It really comes down to recognizing that it's important for us to prioritize female pleasure too, and to give it as much priority, emphasis, and time as we give to male pleasure. There's this great quote that I read a while back, and I can't remember where it was from, but it was something along the lines of, "When men are having sex, they get into the positions that they want, and they stroke at the angle that they like, at the speed that they like, and the way that they like. What could sex look like for us women, if we gave ourselves the same sort of unapologetic permission to do what we need during sex, as well?" So yeah, having sex with a man is finding more ways to bring the clitoris into the party, rather than just totally neglecting it.

K

Kathrin Zenkina 38:04

Yeah, I think that's such a great parallel to life, in general. There are a lot of people out there who just don't feel worthy, or deserving of what they want. It's something that can either start in the bedroom, and then cover other areas of your life, or it could be something that starts in another area of your life, and then comes into the bedroom. But either way, you have to come to a place where it's like, "No, I get to have what I want, and I'm just as worthy as my partner. This as a partnership, so it's both of us together." Regardless of who you are: male-female, female-female, male-male, both of you are in it, together. Both of you are 100% in it, so both of you deserve to experience the level of pleasure that both of you deserve. I think it's so important. It's very interesting, because I had an interesting experience, myself, where I learned this. For instance, I've been with

both men who are circumcised and men who are uncircumcised. The way that you pleasure uncircumcised men and circumcised men is actually very different. And so, I've had the curiosity of opening up that communication, and asking them, "Do you like this? Do you like that? I've never experienced this before. Does that feel good?" And I was just like, "Hmm, this is so interesting. They were so comfortable telling me what they like, and what they want. Let me try the same." Opening up that channel of communication was just such a game-changer. I learned from my relationship with my husband, he said, "Listen, men really do want to know how to pleasure you." They want to make you happy. They want to please you. It's part of that masculine energy within them. They want to see that feminine, radiant, glowing, happy, excited, and in her pleasure and divine essence. And so, it's really just about recognizing that both parties want you to be pleased. And so, this is about you just being brave enough to do that.

V

Vanessa Marin 40:06

Yeah, that's a great point that you bring up. So many of us really struggle with allowing ourselves to receive and take up space, inside and outside of the bedroom. You're totally right about that. Stuff that affects us in the bedroom leaks out to the bedroom, and vice versa. But it's always really interesting when I'm working with couples, because I'll end up talking to the woman and she says, "God, I don't want to hurt his feelings. I don't know how to say it. I don't know what I like," and all this stuff. Her partner will just be sitting there saying, "I literally don't care. I just want to bring you pleasure, and if that takes us exploring if you have no idea, I don't care. All that I want is to bring you pleasure in whatever way I can." A lot of times, it's like our partners are trying to give us this gift. "I want to give you my time, energy, and attention. I want that for you." And so many of us are not allowing ourselves to receive that gift. We're actually turning our backs on that gift. That can be an interesting way to think about it, to ask yourself "Can I allow myself to receive this gift from my partner? To recognize that I am worthy, and I am deserving?" For most women, too, think about how generous you are with your partner. How much do you prioritize their pleasure and want them to feel good? We have to recognize that the same can be true for us as well.

K

Kathrin Zenkina 41:23

Yeah, totally. Can we talk about keeping the spice alive in long-term partnerships, and long-term marriages? I've had some women who say, "I've been with my partner for 30 years. It's getting boring. How do we spice it up?" Especially I think in 2020, for example, even couples who haven't been together for very long, all of a sudden, if they're living together, they're spending 24/7 together in quarantine. They're getting on each other's nerves. They almost feel like roommates, siblings, husband-wife, wife-wife, or husband-

husband; what are some of your tips for sex for people in long term-relationships?

V

Vanessa Marin 42:07

That is such a big one that so many of us struggle with. I think a lot of it comes down to our expectations, again, too. A lot of us just want sex to be amazing and perfect, from now until eternity. We have to realize that it can be, but it's going to take some effort. So, it's really getting over that initial hurdle of recognizing that it's okay to work on your sex life, it's okay for it to feel challenging sometimes and to take some effort. That's what's going to be keeping it exciting and spicy for the long term. So, when it comes to trying new things in the bedroom - we all have heard this advice, it's not rocket science - but there actually is a lot of science behind it, proving that when we do new things with our partners, it lights up all these areas of our brain that keep us more engaged, and make us feel excited. So, it really is good advice, even though it sounds really generic. I think the issue where a lot of people go wrong is they hear "spice it up," and they think that it needs to go to this extreme, such as having these crazy fantasies of tying each other up, hanging from the ceiling, and all this stuff. That's cool. If you want to do any of that, that is great. Be as kinky as you want to be. But the reality is that trying something new could be as simple as having sex at a different time of day, which you just mentioned, made a huge difference in your life.

K

Kathrin Zenkina 43:22

Oh my God, right?

V

Vanessa Marin 43:23

Yeah, you probably wouldn't have thought of that as "Oh, that's an amazing way to spice up my sex life. It's going to bring all this energy into my sex life." But it did. So, it's kind of lowering the bar in that way. Try different positions, try it with more lights on, try making more noise than you usually do. Small, simple changes can actually make a really big difference. Oftentimes, if we allow ourselves to try those smaller changes, they feel less intimidating. For example, if you're kind of a vanilla person, the idea of trying a different sex position probably sounds a lot more doable than "my partner has to hang me by my toes from the ceiling." So, if you give yourself the permission to try some of those things that feel a little bit easier, that will often open the door to realizing, "Oh, that wasn't so hard. Maybe we could try a different position, or maybe we try a little bit spanking this time, or a little talking dirty this time." So, if we give ourselves those baby steps, rather than feeling like we've got to jump into the deep end of the pool.



Kathrin Zenkina 44:20

That is such great advice. Oh my God, that's amazing. I was going to say something, and it just slipped my mind. Hopefully, it comes back to me. Are you cool with doing a rapid Q&A in terms of some questions that I got in my Q&A box?



Vanessa Marin 44:37

Absolutely. And I should also mention one other quick thing about keeping it spicy. I should put in a little plug for another one of our courses we called the 30-Day Sex Challenge. It actually gives you 30 different days' worth of ideas of new things to try in the bedroom together. A lot of times, people just struggle coming up with new ideas. So, that's why we put the challenge together. You actually get two ideas every day, and you get to decide which one sounds better to you. They're not all sex; some of them are more sensual and intimate. So, that can be a great way if you're like, "I just have some creative block, so I don't really know what the new things to try are." Go check that out. It can be a really fun thing to do. Even if you have great fun, it's still fun to kind of have in this challenge of "This is what you have to today."



Kathrin Zenkina 45:20

I love that. I'm going to check that out myself. That sounds amazing. I find that if you just go to Google, you're just going to find, "Use handcuffs," or "Buy this," or "Buy that." The creativity goes beyond that. Something that popped back into my mind, actually, that I wanted to share is that I found that when my husband and I are the most annoyed with each other and on each other's nerves, is when there's actually the most sexual tension built up between us. I just realized that. I'm like, "Just get in the fucking bed. Let's just do this," like right afterward. Every single problem we had just solves itself because all of a sudden, he has a release, I have a release, and we just come back into harmony. We're able to talk to each other in a completely different tone, or we realize that the big problem we thought was so big and so impossible to solve is literally not a problem. And so, I noticed just from my personal experience, to share with anyone who's just getting really annoyed with their husbands or wives, and you're in close quarters together, and you're just like, "Ah, fuck you!" Try having sex. Just try and see if that's something that can help alleviate some of that (frustration sound) angst. Okay, I am going to just spit out some questions that I got from the babes. Someone asked, "Any vaginal care routines? And if so, how often?"



Vanessa Marin 46:50

Oh, this is a great question. No, do not do anything to your vagina. As women, we are taught from a very young age that our vaginas are kind of weird. They're icky, smelly, gross, and dirty. And so, there is a multi-billion dollar industry all around different douches, washes, scents, and there are masks now, and all kinds of stuff. The reality is that your vagina is self-cleaning. She does an amazing job of keeping herself healthy, safe, and wonderful. The best thing that you can do for her is just not put anything up there. Don't wash her. Don't do anything that can really irritate. Actually, the walls of your vagina, it can disrupt your pH. So, the best thing you can do is just wash with warm water. I made a little washcloth. That's all you need to do.

K

Kathrin Zenkina 47:40

Hmm. Good advice. Someone asked, "What about smells? Let's just say that you leave your vagina alone, but there's a strong smell."

V

Vanessa Marin 47:51

If there's a really strong smell, it's definitely something you might want to go check out with an OBGYN because odors can be a sign that there's an infection or an irritation going on. It's often really simple to solve. So, if it feels very different from what it usually smells like, then definitely go check it out. On the other hand, though, like I was just saying a moment ago, we are taught to believe that our vaginas are really smelly. So, most women feel super self-conscious, thinking "Yuck, it's just kind of gross and icky." The reality is that's just our natural scent. It's perfect, beautiful, and wonderful. This is very similar to what we were talking about how guys actually really do like to pleasure women. Guys love the smell of your vagina. I swear to you. There is an industry where women sell their used underwear because guys like the smells of vaginas so much. This is definitely not something that we need to worry about. As long as you're washing yourself, and there's not any infection, you smell perfect. I promise.

K

Kathrin Zenkina 48:50

I love that. That's so true and so funny. Another question I have here is, "Can every woman squirt? And if I can't, is there something wrong?"

V

Vanessa Marin 49:00

Oh, these are such good questions.

K Kathrin Zenkina 49:03
They get juicy.

V Vanessa Marin 49:04
Yeah. squirting. Literally juicy. Squirting is really interesting because it's actually become a bit of a trend. So, even as recently as five years ago, I was getting emails from women saying, "I squirt, it's so embarrassing. I hate it. How do I stop doing it?" And now it's become this trendy thing, and everyone's desperate to do it. Now, my entire inbox is, "How do I squirt?" For men, "How do I make my partner squirt?" So, with squirting, it is something that you can learn how to do. There are some women who just kind of naturally do it; some women, you have to learn how to do it. We don't have any great data on if all women are capable of doing it. I just like to think of it as, if you feel genuinely curious, excited, and want to explore, sure. Go ahead and explore. Just know that there's a high likelihood that you might not ever be able to do it. But don't do it because your partner's pressuring you to do it, or you feel that it's this new benchmark that you have to live up to. It's just a simple body function. Our bodies can expel fluid just in the same way that men's bodies expel fluid. The other thing to know about squirting is that it's not the same as an orgasm, and it's completely separate. You can orgasm without squirting, and you can squirt without orgasming. So, if it just feels like a way that you have to perform - which I think for the vast majority of women, it does - just forget about it.

K Kathrin Zenkina 50:27
Yeah, that was always my perception of it. I love what you said. Just because it's on Cosmopolitan Cover of "How to Squirt," doesn't mean you have to do it.

V Vanessa Marin 50:38
There will be some new trends in a couple more years, too. It'll be like, I don't know, "How to Have Your..." I don't even want to guess!

K Kathrin Zenkina 50:45
"How to Poop at the Same Time as You Orgasm. If you can't do that, there's something wrong with you." I love it. "Vanessa, do kegels really work?" Someone asked that.

V Vanessa Marin 50:57

Yeah, so kegels do work. What kegels are is an exercise for your pelvic floor muscles. Your pelvic floor muscles basically hold everything in place in your pelvis. They're kind of like a hammock in your pelvis. And so, just like any other muscle, like I can do bicep curls to strengthen my bicep, you can do kegels to strengthen the kegel or the PC muscles are what they're called. So, they can be really great because they contribute to your core strength, they can help with incontinence issues for women, they can definitely affect orgasm. If you have stronger muscles, it can make it more likely that you'll reach orgasm, and make the orgasms themselves stronger. So, there are a ton of great benefits to doing them. The only thing that you need to watch out for is if you already have any sort of sexual pain - this is another interesting little tidbit. 30% of women reported that in their last sexual interaction, they experience sexual pain, which is wild that it's that high. So, if you have any sort of sexual pain or discomfort, don't do kegel exercises, because you can actually overtrain the muscles. Again, in the same sort of way that if I'm doing bicep curls every single day, I could strain my bicep. So, any sort of sexual pain, avoid them. If it causes any discomfort, avoid them. But the basic principle of how you do the kegel exercise is the next time you're on the toilet and you're peeing, cut off your flow of urine before your bladder is empty. The muscles that you have to use to do that are your kegel muscles, or your PC muscles. And so, it's kind of like a little lifting up sensation that you have. To do the exercise, you can do two different kinds of exercises: short pulses, where you just squeeze up and release - and just do it gently, don't go crazy like try to do it super tight, just a little gentle squeeze and release - and then you can do these longer holds, where you sort of imagine that that there's a little elevator in your vagina, and you're slowly pulling it. I'm doing it right now. I can't ever describe it without doing it in the moment. So, I'm doing one right now. So, just imagine an elevator traveling up your vagina. Hold it at the top for a second, and then slowly release it back down. Over time you can work up to when you get to the top, holding it for a couple of seconds at a time, and then releasing. Do 10-20 pulses, 10 longer holds, once a day, and that's it.

K

Kathrin Zenkina 53:15

I know there's a lot of talk around it in terms of after giving vaginal birth, to strengthen their PC muscles again, kegel exercises are very good for that. Because I'm planning for becoming a mom in the not-too near future, but near future, I've been watching a lot of vlogs and stuff. I've been literally learning. I'm one of those people that just researches the hell out of anything that's relevant to her life. Birth is very relevant, because at some point in the future, I'm going to give birth. So, I've been just watching other people give birth, and what sex is like after birth. I'm just going into all things. One of the things I saw is one woman recommended this almost-toy that you insert - I think they insert inside. It comes with an app, and the app is literally a game that you play with doing keels. When you want the character to jump or something, you squeeze.

V Vanessa Marin 54:14
Yup.

K Kathrin Zenkina 54:14
It's so cool.

V Vanessa Marin 54:16
I had it and I got totally addicted to it. I was like, "Oh my god, this is so much fun." So, the toys and the apps are nice because it gives you real feedback about how hard you're squeezing, and how long you're holding, and it makes it fun. I found that I used it for a couple of weeks, and I was having a lot of fun, but then I kind of lost interest in it. I thought, "I don't want to be doing this every single day, when I can just do the exercise on my own." So, if you don't have the money to spend on it, it's totally fine. You don't need it. If you want to have like a fun little splurge, a toy like that can be a lot of fun, but you definitely don't need it to do your exercises.

K Kathrin Zenkina 54:48
I love it. Let's just do two more questions. One is actually more of a theme that I'm noticing in here. For instance, I'll just read one, "WTF is up with my shocking subconscious fantasies about abuse and unwanted conception?" I've seen some women who say, "I'm having these crazy fantasies of things I never want in real life, and would never want to experience in real life. It's not an actual desire in real life, but for some reason, it gets me off." Can we talk about that?

V Vanessa Marin 55:17
Yeah, absolutely. This is a super common thing that comes up, too. The important thing for us to realize about fantasies is that they're just that. Fantasies. They're not secret signs of what we actually want. They are not directives of "We must do this in our real lives, just because we were fantasizing about it." They're just things that we like to play with in our heads. Oftentimes, the things that in our real lives we never would do, are the things that in our fantasies are kind of fun and exciting, because it feels taboo. A great example of this is rape fantasy. Rape fantasy is one of the top three female fantasies.

K Kathrin Zenkina 55:53

No way.

V

Vanessa Marin 55:55

Yeah. It doesn't mean, though, that there are millions of women walking around, actually wanting to be raped. I don't think there's a single woman out there who actually wants to be raped. It's just something that feels very taboo, very dark, and there's something that feels kind of alluring about it for some women, in terms of fantasizing. So, take that pressure away from your fantasizing, realizing that it doesn't mean that you need to do it, and it doesn't mean that it's something that you secretly want to do. From there, just see how you feel about your fantasies. If you realize that, "Yeah, I can play around with -" A great example is a lot of women fantasize about being with another woman. That's totally fine. That's really normal. If you enjoy doing that, and you hear me saying, "Okay, yeah, that doesn't mean you need to now go hook up with a woman." Maybe that helps you realize, "Yeah, I do actually kind of have fun fantasizing about that when I masturbate." Go for it! But there may be certain other circumstances where a woman thinks, "I don't really love that this is something that I'm fantasizing about." Even if you recognize that it's normal and okay, there's still some discomfort there, then you can wean yourself off of fantasies, too. It's actually really similar to what we talked about with trying different masturbation techniques. You just need to explore different things and try masturbating without it. Gradually, you will build up these neural pathways, so you then don't need it anymore.

K

Kathrin Zenkina 57:11

I can speak from experience. There were fantasies that I've had, where I'm just like, "I can't." I had a go-to fantasy that just became such a distraction. I was like, "Why is this the only thing I can think about that gets me off?" It took some time. The next time that I would masturbate, and force myself to think about something else, of course, it would take 10 times longer, but as long as you're patient with yourself - you will find yourself taking a break, and able to switch things around in your mind. The more often that you do it, as you said, you're going to find yourself getting off of different scenarios or things much faster if you just be patient with yourself with the length of time that it might take you to get there. I think some people give up too quickly. They're like, "Shit, this doesn't work. Now it's taking me an hour to orgasm." No, keep going.

V

Vanessa Marin 58:03

Keep going! Your brain will adjust. It just can feel really scary, when you're like, "Oh my God, I've ruined myself for life!" You have not, I promise.



Kathrin Zenkina 58:13

I love it. Okay, last question that came up a lot is, "How to be comfortable with myself naked?" Or women feeling self-conscious in general and in the bedroom; what is something that we can do, or do you have any advice for us to remedy that?



Vanessa Marin 58:28

This is such a central thing that comes up for so many women, isn't it? For me, where I start with this is recognizing that we were not born feeling ashamed of our bodies. We were taught to be. And it is so fucking profitable to make a woman feel bad about her body. There are so many things that you can sell to her and so many hoops that you can make her jump through if she feels badly about her body. For me, I'm like any other woman out there. I've had my own body confidence struggles. I don't have a perfect body image. I'm not 100% of the time walking around, feeling amazing. But when I get into those challenging spots for myself, I think about that. I think about how it's bullshit that we've been taught to believe that our bodies need to look this very specific way. I also think about all of the energy and time that we spend worrying about our bodies, what could we do with all of that if we funneled it into something different?



Kathrin Zenkina 59:26

Hmm. Such a good question.



Vanessa Marin 59:27

We would run the world.



Kathrin Zenkina 59:30

We really would.



Vanessa Marin 59:31

Yeah, there's so much more that we can do. So, I think it ties into these much bigger conversations about oppression, sexism, and all kinds of stuff. So, that's my like really big answer. Get yourself fired up about that. The kind of more practical day-to-day stuff is doing things that make your body feel good. It's trying to develop a better relationship with your body by taking care of it. I'm not talking about exercising so you can lose weight, but is there a way of moving your body that feels genuinely good for you? Is there

a place that you like to go to? Or taking baths, or just sitting out in the sunshine? Is there something that you do that makes you feel connected to your body and relax? I think a lot of times we want to get into the bedroom and just feel this perfect, unflinching confidence, but we don't do anything in our day-to-day lives that actually connects us with our body, and gives us a healthy relationship. So, it's really finding what is something small that I can do for my body every single day? To show my body that I love it, I care about it, and that I want us to have a good relationship. And then I guess the last little thing that I can say is - we've had this theme running through our podcast today - but also recognizing that your partner thinks your body is a thousand times sexier than you think it is. Everything that you hate about your body or dislike, your partner probably thinks that it's actively sexy. So, it's also being able to recognize that nobody's ever judging you the way that you're judging yourself. I have a really funny example, actually. There was a few years ago that Zander and I were having sex. He said something like, "Your butt is so cute at this angle." I was like, "Thanks, babe." He said, "Yeah, you have these really hot little dimples on it." It took me a second, and I was like, "You're talking about cellulite! That's cellulite on my ass." He was like, "Oh, I didn't even know what that was. I just think it's super hot that you've got these really cute little dimples back here." So, that was just such a good moment for me of recognizing that something that I've been super self-conscious of, that if I could pay so much money to make those go away, I might. Well, here's my husband, out of nowhere - it's not like he knew that I was feeling bad, and he was trying to pump me up - out of nowhere, he's saying, "I think this part of your body is super hot."

K

Kathrin Zenkina 1:01:53

Oh my God, that's such a great story and such a good example. I love what you said, because it's so true. I learned a lot from my husband, and he's just so incredible. I just observe him sometimes. And it's so true. I could literally have breakouts all over my face, put on five pounds, be super bloated, PMS-y, I take off my robe, and he just gets a boner instantly. He's like, "I'm ready. Get in the bed." I'm just like, "No, I look shit." I find that it all comes down to - I love that you mentioned how you can take care of your body. Because I found that for me, it's not about weight; it's not about like losing inches; it's none of that. I could literally be the same weight and look the same. If I exercise and move my body that day, and I ate pretty healthy nutritious food, I'd feel like a bombshell by the end of the night, and there's no shift in weight or in the way that I look. It's only been 12 hours, but I just feel hot. It just comes from inside. When I have that internal feeling, my sex life is so much better. But if I don't take care of my body, even let's say I am 10 pounds skinnier and I look amazing, but I ate junk food that entire day, didn't move my body, and sat on the couch, there's no way in hell you're getting me in the bedroom. There's no way in hell that I feel good about myself, even though I might look better than some other point in my life. So, it's just fascinating that you brought that up; that it's so important to take care of your

body, and that's it's going to translate energetically, physically, and all the different levels, mentally, emotionally into the bedroom as well.

V Vanessa Marin 1:03:34
Yeah, absolutely. It makes such a huge difference.

K Kathrin Zenkina 1:03:37
Well, Vanessa, thank you so much for coming on to this podcast. For anyone, you mentioned the special website that we're going to link for the show notes for all the resources, awesome courses, and stuff that you offer. But besides there, do you have anywhere else where we can find you on the internet, take your courses, learn more about you, and all that good stuff?

V Vanessa Marin 1:03:57
Yeah, so my website is at VMTherapy.com, and again, [/ManifestationBabe](https://ManifestationBabe.com), we'll set up a ton of fun stuff for your audience. You can also find me over on social. Instagram is my favorite platform. I'm [@VanessaMorinTherapy](https://www.instagram.com/VanessaMorinTherapy) over there. I do daily Stories with different tips and advice, and I take questions and answer them, and all of that. So, I would love to connect with any of your community over there.

K Kathrin Zenkina 1:04:21
Amazing. Guys, for those of you listening, I really challenge you to be uncomfortable. Be comfortable with being uncomfortable, and really explore this side of your life on a deeper level. Let's say you're already open about sex; just go a little bit deeper, or just go a little bit further, or just get a little more comfortable with it. One way you can do that is take a screenshot of this episode right now and tag both Vanessa and I, and just share it with somebody you love. Share it with your audience, your partner, a girlfriend, or whoever - but just share it. I know we talked about sex and we about a lot of personal things here, and it's going to bring up things for you as well. We would absolutely love to hear your takeaways, your feedback, your breakthroughs, what you learned, and all that good stuff. So, definitely tag us on the Instagram. And that is that. Thank you, Vanessa, so much for coming on. I truly appreciate you taking the time and educating us and sharing your amazing tips with us.



Vanessa Marin 1:05:21

Thank you so much. It's truly been an honor. I really appreciate being able to speak to your community. So, thank you for taking the time today, too.



Kathrin Zenkina 1:05:28

Yay! For the rest of you guys listening, I will catch you in the next episode. Mwah! Bye. Thank you so much for tuning in to 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 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 following at manifestation babe or visiting my website at manifestation babe calm. I love and adore you so much and can't wait to connect with you in the next episode. In the meantime, go out there and manifest some magic