

## Introduction

Unlock deeper connection and pleasure—starting with presence. The Mindful Intimacy Meditation is designed to help you and your partner cultivate awareness, curiosity, and authentic intimacy, whether you're enjoying a solo moment or sharing space with someone you love.

This 15-minute guided meditation blends mindfulness, body awareness, and gentle intention-setting. Use it as a ritual before intimacy, a tool for reconnecting after a busy week, or a way to explore pleasure from a new perspective.

## What's Inside

- A 15-minute guided meditation script (body scan, pleasure awareness, connection, and intention-setting)
- Tips for practice—solo or with a partner
- Curated product pairings to enhance your ritual (massage oils, couples' toys, and more)

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## Mindful Intimacy Meditation Script

### Introduction (0:00–1:30)

Welcome to this mindful intimacy meditation from FollowTheBunny. Find a comfortable position where you can be undisturbed for the next 15 minutes. This practice is about reconnecting with your body, your desires, and your capacity for pleasure and connection. There's nothing to achieve here—just an opportunity to be present with yourself.

Take a deep breath in... and exhale fully. Allow your body to settle into this moment.

### Body Scan for Awareness (1:30–5:00)

Begin by bringing attention to your breath. Notice the natural rhythm without trying to change it.

Now, gently shift your awareness to your body. Starting at the top of your head, slowly scan downward, noticing any sensations present. Perhaps there's tension, warmth, tingling, or simply stillness.

Move your attention down your face, neck, shoulders—areas where we often hold tension. Without judgment, acknowledge any tightness and imagine your breath softening these spaces.

Continue down through your chest, feeling the rise and fall with each breath. Notice your heartbeat if you can. Down through your abdomen, your hips, your pelvic region—simply observing sensations without attaching stories to them.

Finally, bring awareness down your legs to your feet, completing this full-body scan.

Cultivating Pleasure Awareness (5:00–9:00)

Now, bring your attention to places in your body that feel pleasant or neutral. Perhaps the warmth of your hands, the softness where your body meets the surface beneath you, or the gentle rhythm of your breath.

With curiosity, notice how even these simple sensations can be sources of pleasure when we give them our full attention. This is the foundation of mindful intimacy—the ability to be fully present with sensation.

If your mind wanders, gently guide it back to bodily sensations without self-criticism. Each moment is an opportunity to begin again.

Now, intentionally bring to mind something that brings you pleasure—perhaps a memory, a fantasy, or simply the feeling of being in your body right now. Notice how this thought affects your physical sensations. Does your breath change? Do certain areas of your body respond?

Connection Practice (9:00–12:30)

Whether you're practicing this meditation alone or with a partner, connection begins with yourself. Place one hand over your heart and one hand on your abdomen. Feel the connection between these two centers of your being.

If you're with a partner, you might make eye contact or place a hand on their arm. If you're alone, imagine a connection with yourself or someone you care about.

Notice what arises as you experience this connection. Perhaps vulnerability, openness, or even resistance. Whatever appears, simply acknowledge it with kindness.

Remember that true intimacy happens in the present moment. It's not about performance or reaching a specific goal, but about being authentically present with whatever is happening right now.

Closing (12:30–15:00)

As we bring this practice to a close, take a moment to appreciate your body and its capacity for sensation, pleasure, and connection.

Set an intention to carry this mindful awareness into your intimate experiences, whether alone or with others. Perhaps it's an intention to remain present, to communicate openly, or simply to approach intimacy with curiosity rather than expectation.

Take three deep breaths together. With each exhale, feel yourself settling more deeply into this moment of awareness.

When you're ready, gently open your eyes if they've been closed, and bring this mindful presence with you into the rest of your day.

Thank you for sharing this practice with us at FollowTheBunny, where we believe that mindful pleasure is an essential part of holistic wellness.

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Tips for Practice

- Set the scene: Dim the lights, light a massage candle [[Earthly Body Hemp Seed 3-in-1 Massage Candle – Lavender](#)], or play soft music.
- Use your favorite massage oil or toy to enhance physical awareness.
- Practice regularly—before intimacy, after a stressful day, or anytime you want to reconnect.

Product Pairings for Your Ritual

- [[Earthly Body Hemp Seed 3-in-1 Massage Candle Lavender](#)]-  
[[Lovense Lush 3 Silicone Egg Vibrator with Remote Control](#)]
- [[EPQ for Lovers Couples Game](#)]

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