

Be With Melinda

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Intimacy Meditations Menu

Free

Flame of the Sensual Heart and Body (Short Version – 5 min)

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A quick reset to soften, listen within, and kindle the inner flame of sensuality and presence.

Plus

Flame of the Sensual Heart and Body (12 min)

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A potent journey into the sensual heart, restoring balance and light.

The Body Remembers Love: Trusting Pleasure After Pain (14 min)

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A guided practice with breath, movement, and touch to reawaken trust and pleasure after trauma.

From Lust to Trust: A Sacred Teaching on Sex (Teaching Session)

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A spoken teaching on moving beyond novelty into true intimacy through trust and presence.

Discover more at MelindaBernstein.com

