Introduction to the summit interview

Hey, everybody. I'm so, so, so excited about our next summit interview. Welcome back to another episode. I'm Dr. Diane, your libido expert and your summit host.

And I'm thrilled to invite to the summit our next speaker. This is Ali Kole. She's a dear friend and an amazing, amazing, amazing expert and leader in the field of The Art of Hot Monogamy, as well as in becoming more embodied in your own personal and inner relational sensuality.

So thank you so much, my dear friend Ali. Thank you so much for coming and speaking with me today. Thank you so much for having me. And thank you for creating this summit.

This is such an important topic, one of my near and dear favorites. And you know, for us as women to be able to share and give this out and empower each other, it's truly one of my favorite things to do.

So I am so grateful to be here. Oh, I'm so happy to have you. And I should let everybody know that that you have also been like a teacher and inspiration for me.

And so I feel like I should lead into that with you all my own. Like journey with some of your classes and your workshops and how much you have really helped me become more embodied in my own sensuality and my own libido and sexuality through your workshops, through your teachings.

And I think that's just a good lead in to like, how did you really begin this process in yourself and becoming interested and in sensuality, interested in really studying how to keep sex, how to keep sensuality, relationships hot in long term relationships.

Can you just take us through your journey? Yeah, sure. You know, I. I spent I felt feel like I spent my whole life learning how to be successful. I went to all the right schools, and I got these great jobs and I had these prestigious degrees.

And I just couldn't seem to excel at relationship like I did in the rest of my life. I had this picture perfect marriage, I thought, in my twenties, and it ended up in divorce after four years.

Ali Koleu2019s journey into hot monogamy

And then I was dating and I remarried in my thirties, but I still felt kind of like an amateur in relating, you know, there'd be this early, deep connection and hot passion.

And then after a couple of years, it would just kind of cool into, like, this kind of familiar, vaguely dissatisfied feeling. And I, I just was so confused about how to, how could I reliably create, you know, success in the rest of my life?

But I couldn't seem to do it in relationship and, you know, so along the way, I tried different teachers, different courses, and I ended up discovering through some of these teachers that I worked with that this this toolkit, it was almost like I went to school in my thirties, the way I had gone to school in my teens and twenties for my career.

I went to school for what I now call The Art of Hot Monogamy. You know, I knew that I wanted a committed partnership, but I also wanted to have the hotness and the turn on and the juice and the, you know, being drawn that that seemed to happen in the beginning and then just kind of inevitably go away.

And so, you know, it was really through discovering a whole realm of teachers and different kinds of work, a lot of it in the domain of what I call embodiment.

So turning on different parts of my body, dropping into different parts of my body. And one of the biggest things I would say I learned, and I'm sure we'll talk more about this, is I moved I saw that I was in this place of like, how do I get them to or well, if he would only and I really turned the whole thing around to taking responsibility and seeing that I actually have the skills and I had the right stuff to evoke, to invite, to present that which I wanted.

And then sweet, my partner kind of up in that. And so, you know, I think it just really enabled me and I've been at this now for 15 years, I think of study and practice and now I assist and teach and all these things.

But I would really equate it like like yoga or like anything we went to school for, you know, you're a doctor, so, you know, while this is a practice and I wouldn't say it's necessarily something you ever get done with, it's a it's a toolkit.

It's a skill set. We build muscles, we build sensitivity and artistry. And so, you know, for me, I just cultivated that over working with some of the world renowned teachers.

I went on retreats all over the world. I read all kinds of books, although I will say there's absolutely no substitute for enrolling in courses. I used private coaches.

Like I said, I went to retreats and workshops. The books can open up a world, but it was really working closely with other women. And in coed retreat, sometimes, and with these teachers and coaches, that the transformation, you know, really became real in my life and dramatically transformed my experience of my own sexual pleasure and my relationship.

Yeah, thank you. I want to unpack that a little bit more because I think I think you said a lot there. And one of the things that has come up in some of the other interviews on the summit has been this whole process, right of we get so excited early on in relationships and the dopamine and all the different hormonal changes that oftentimes in the beginning there's not a lot of quote unquote need from a standpoint of desire and passion to put that extra energy into things.

So, you know, I think this idea of hot monogamy is really speaks to sexual dysfunction and the topic of the summit from the standpoint of how do we in these long term relationships, from a psychological perspective, really keep things hot.

So can you just kind of start with this concept, right? The Art of Hot Monogamy, that the coursesthat you teach, what you study, and how, some of the concepts that can maybe help people to wrap their brain around what is this and how can they begin to even think about how to keep things hot in a long term scenario?

Yeah, no, it's a great question. It's foundational to this work. And you know, when I first started studying this, there were all kinds of different relational models that are out there, and I'm supportive of any model people want.

But what I have found is really, truly the majority of people do want a committed, monogamous relationship with one partner over a period of time. And often they turn to those other models because they they haven't found it satisfying and juicy and hot in the one model.

So I would say that the foundation for all of it is the safety, the trust and the intimacy that you can develop with one person. Because taking on these new skills and trying these new things requires courage.

It's an experimentation. And so there is something about the safety of committed partnership that creates a container in which experimentation is more is possible.

And it's also quite possible to do these things as a single person and then come into relationship with this, with this toolkit. But I would say the single, there's so many different concepts and all of that.

But really at the end of the day, if you think about that kind of chemistry, we feel in the beginning and that hotness, it's really kind of a function of opposites and unknown and unfamiliarity.

Polarity, resonance, and keeping relationships hot

So if you think about it like polarity of like two magnets where you put a positive and a negative end and they, they, they, they have all this energy between them.

You can feel them dancing with each other. So when we first come together, we don't know each other. And so we're like the two opposite ends of the magnet of wondering.

And, you know, there's all this energy. And then as life goes on, we tend to move into what would what could be described as more resonant. So we're raising kids together, maybe, or we might have a company together, or we're just hanging out on the couch, you know, watching Netflix together or something.

We start to vibe in resonance in harmony with each other. Now there's something really beautiful about that. And what I like to offer is this doesn't mean like every minute you want to be on eggshells and have that sense of, where do I stand?

Where do I stand? Because while we love that hot chemistry in the beginning, I think we're pretty happy to move beyond that. Is he going to call? Is he going to text?

So those that that kind of happenstance, that coincidental sparks that happened in the beginning have pros and cons to them. Then as we create relationship and intimacy, what often happens is that polarity goes down because we're resonating because we're vibrating on a similar level, because we're seeing each other, you know, not when we're just ready for a date, but at all different times.

And so what this work or this practice really has at its foundation is a recognition of those different states and acceptance of those different states actually an embrace of those different states.

There's absolutely nothing wrong with Netflix on the couch, but if you want a hot date night or a hot sexual encounter, just to recognize that the time sitting on the couch together, side by side, eating popcorn is actually reducing the friction, the eroticism of the moment.

And so we tend to think like, Oh, it's gone now. We just turned it down while we were resonating with each other. And so a lot of the skills and the practices are how do I volitional turn it back up?

And that, I think is one of the most empowering things that I really learned and my husband does this work as well. You know, there's things men can do that any partner, whoever, whatever the challenge is to move from resonance, to pull it polarity.

And so what that means is both partners kind of moving to a different vibe from the others. And the great part is it actually can happen only by one partner shifting because when you shift or they shift, the dynamic already shifts.

And so as long as you can hold that pose, it might take a little longer than you want. You can actually volitional, create that polarized moment that you're seeking.

So to me, that's one of the most foundational concepts is to recognize and embrace the resonant moments and not make them wrong, that they are not the foreplay we desire for a hot, juicy night.

They're two very different states, and they're actually both really healthy and essential for a long term partnership. They really are because that anxiety and instability that often goes in the early days, most of us would not want to put that much energy into our relationship, wondering about where they are and all of that for a lifetime.

Because we want to be up to other things, but we want the juice when we want to have it. And so that to me is the foundation of the whole process of having that chemistry and that hot, juicy feeling between you, even years and years down the path.

Yeah, I love it so much as they're talking. I'm really thinking about what happens to us sometimes as humans, which is this tendency to move into this kind of either or state, right?

So it's either hot or it's safe versus like what I hear, what you're saying is like, Oh, it can actually be all of these things and it's, you know, better and juicy.

If it is, it just might mean that like on Friday night, if you choose popcorn night, then you're going to have to do something, say on Sunday night for date night or something in between to create that level of tension and desire.

So it's it's almost like this concept of maybe we can, quote unquote, largely have it all, just maybe not all at the exact same time, right? Because of it. Yeah. And I would say.

I mean, now that I've been practicing this for so long, I actually feel like I can like because I it's so part of me now I can just flash some of these skills and things that we practice and learn in my classes and workshops, whatever, and have that moment right then with my husband, even in the middle of the movie or in the middle of the popcorn.

It's. It really becomes accessible in a moment's notice. But it is new to most of us, and I don't want to make it like, you know, in the beginning, especially when we're learning anything new, it is really helpful to be more intentional about it because you're cultivating something that's not going to feel as familiar or as easy.

But I do think that the more you practice at this you are, the more sensitive you are, the more you can have it in a moment, in the middle of the most resonant moment, you can have a flash of hot chemistry, too, once you kind of start recognizing what that is.

And and a lot of this is in the body, sensitizing our body a quick flash like when I started this work, I would have missed that. I wouldn't I would have been in my head or I wasn't tuned in to the more subtle energetics of the moment.

But that's that's kind of a little bit more sophisticated, like advanced practice. But, yes, to to your point, I just do think we can actually have it all.

And one of the biggest things I would also just love to offer to your what everyone watching this week. I worked with fat literally thousands of women at this point.

And there's this sad phenomenon where we often tend to draw kind of a black and white like an answer about it when, you know, we look at our partner and we don't feel turned on and we we think it's over, like we think it's gone or they it just isn't possible anymore.

And, you know, so much as possible. If we could give the folks out there like anything at all from this session, I would want to give hope. I like to say that things kind of cooling off and the chemistry cooling off is predictable, but it's not inevitable.

It really isn't inevitable. It is not true that relationships cool off over time. It's predictable that they do. But it's it's not essential. It's not unavoidable.

There really are ways to have it all. As you said. I love it. I love it. And I love that. Like linguistic distinction between predictable and inevitable.

I think that's really, really, really important. So from an actionable standpoint, I know one of the things that people are probably wondering and also in relationship to what you said earlier of like, you know, this sort these sorts of changes and moving towards this spark, this chemistry, really real lighting can happen just with one person, right?

Doesn't have to be both people. So, you know, if people are really wanting to engage with their partner and interacting with their partner in a different way, what can they begin to do either in themselves or in communication, to at least take that initial step to start moving in that direction?

Yeah, it's such a good question. And really, especially the whoever's going to play the more feminine role, the female role, the woman role, like whoever is going to be bringing the energy and the juice, that party really has all the power.

You know, we think society has it all wrong. Like we think men have all the power. The male partner, that whoever's playing the masculine pole in relationship.

But actually it's us. It's in our curvy bodies, it's in our hormonal fluctuations, it's in our emotional flow. So the number one thing I work with women on is connecting with our own body and our own pleasure and our own emotions.

Now, that could be masturbating or something overtly sexual, but it can just be, you know, getting like into your own skin, like the scent of you and the softness of you and the curves of you.

We we love contact with this exquisite creature who we are. And really, this is such a beautiful part of the work, this reclamation of your own divinity, your own beauty.

Turning yourself on through embodiment

And I don't use that in a superficial sense, just your breathing life, giving, you know, the part of you that loves food and the smell of flowers or freshly baked bread, all those parts of us awakening and tapping into those things.

If you just do that and then you literally walk in the room where your 20 year partner might be, they are going to feel it. They are going to notice something different.

You become more alive and that is really what I like to say when I use the phrase turned on. We have such a narrow stereotype of that. You use the word linguistic earlier like words matter and I would invite everyone to think of turned on as the state of having energy.

Like when you turn a light switch on, you bring energy into it. When you turn it off, you caught the energetic source. And so that's what we're doing.

We are turning our self on by reconnecting with the life force around us in nature, with our own emotions, our own senses. And that alone is a life changing dynamic in partnership.

So when you finish your workday or you shut off your computer or you put down your phone or you put the baby to bed, instead of immediately going to your partner and then being disappointed that it feels flat, I would just invite you to take a moment.

It could again, just be catching your own scent. You could catch the scent of your own baby. Like whatever is going to connect you to your senses and to your own aliveness, to your essential nature, which is different from the part of us that we use to build companies and run schedules and manage finances and all of that.

So that to me is the most important starting point, is connecting to our own senses, to our own bodies, waking up, becoming more energized and more alive before we go and relate with a partner.

And you may find that you're even just following up on your own. You don't even want to go to your partner in that moment. But if you do, if you even go near them, I assure you it will be a really interesting experience versus a time when you just go right from some, you know, mental activity or you rush from one thing to another.

So in explaining that and thank you for that, I think is really helpful. And in explaining that you did mention like the polarity of the feminine, right?

So from the opposite sort of polarity, like let's say somebody is more in their masculine no matter, you know, where they're at in their identification, but they're more in their masculine body.

So for that person, if they're wanting to interact from their partner, from that landscape, where would you recommend that they begin with? Is it similar or is it actually different?

Yeah, I mean, it's a great question. And just to bring a little bit of distinction, I know these words have become very charged in our in our modern world.

So I like to like I said, I work with multiple teachers myself. And if you don't like the words masculine and feminine, I have one teacher that refers to the masculine as the Go State, the kind of directed I'm building, I'm creating, I'm leading, I'm going.

And the feminine side of us, as the flow state I'm feeling, I'm emoting, I'm in my heart or I'm with nature or whatever that might be. So if those words are also kind of good ones, so if you're in this go directed state, no matter what your state is, what one wants to do first is to recognize, first of all, that you gave yourself a transitional moment.

It could if you don't have a lot of time, it could literally just be a couple of breaths. But what we don't want to do is turn right from one thing to the next and sort of assume that we're now going to be different.

So whether that's closing your eyes, I find the breath is really an ideal transitional tool because we always have it. We always have time to take a breath and then slowing down, you know, really if you're in a chair, like just taking a breath and feeling your butt in your chair, your feet on the floor.

And then another thing I really encourage is we're often holding our breath a little bit. We're pulling in our belly or we're holding our, you know, a lot of us hold our genitals in really tight with it's unconscious.

We don't our jaw can be tight. We don't our shoulders can be up a little bit. We don't realize. So we take a moment to relax. So breathe, relaxed, soften, just dropping down, letting your shoulders drop, letting your jaw relax, letting your genitals relax at their tight letting your belly on the inhale actually round out full.

You can try this now while you're listening and then on the exhale, just letting things slow down. And so that is the entry point getting present and getting relaxed and slowing down no matter what state we want to enter.

That is a portal to our body because either of the a change of state, you know, we want our body to be in that new state, right? Not just our brain. And so really aligning our brain with our body like I call it, and immersing our brain, you have to give your busy brain something to pay attention to.

Otherwise it's going to keep going. So bringing our awareness to softening, to breathing as a portal to the change of state from there. If. You are in a female body, a feminine body, female identified, or you're looking to play that role in relationship, usually at that point, the feminine will start to feel what is happening.

They'll feel like, I want to connect, I have a yearning, I have ache, or they'll feel like I want to surrender. I'm tired, I want to melt. Maybe their like joy starts to, but like I want to go out, I want to play, I want to dance, I want to put music on.

So from there, rather than pushing ourselves to some kind of thing we've seen or heard is feminine, we actually get connected to the truth of our heart in that moment and we allow ourselves to move from there.

Masculine and feminine approaches to desire

Thank you. Yeah. And what's coming up for me now and thinking about this is like is say in a two person type of monogamous relationship where each person maybe is listening to this and they're each going to try this on their own.

One of the things I've come across in my work is the importance in many situations to communicate well. And oftentimes I think a lot of communication in a relationally is almost like two people thinking they're having the same conversations, but not and sometimes just missing each other and missing each other, whether it's words and

they're getting triggered because of a past trauma or past even something without say it of a partner or another friend.

So my question for you is this if like if people are wanting to try this and wanting to start exploring this on our own, obviously we're going to tell them in a little while about ways to continue to learn with you and that sort of thing.

But where do you see the importance is for communicating with each other, say, in advance, like, okay, I'm going to try this new thing. I've been talking to this amazing woman, Ali.

She's teaching me all this embodiment stuff. How do they begin to to do that? Is there a need for communication? Does that naturally just improve communication as a result of doing the work?

What do you see in that regard? Yes, you know, communication is, of course, essential. I also think talking is overused around hot relating. So the only kind of talking that in the moment that really is going to make things hotter is talking that's about beauty or God or that's your thing or, you know, poetry like sex, sexy talk, like explain.

I'm going to try. A new thing is not going to create a juicy moment now that being said, if you have a busy life with your partner and you really want to set things up, well, I wouldn't explain to them what you're going to try or what you're going to bring or even the work you've been doing.

But bringing a juicy invitation like, you know, if you're the feminine partner, it could just be like, I would love to have an amazing time with you on Friday night.

Can we clear our calendars for this time or some kind of invitation to create a special time like it could even be like, can you meet me in the bedroom in an hour?

Like, it doesn't need to be this big advance planning. The key is that you bring not your mental explaining about it, but you actually bring your desire, your joy.

And then if you're the more masculine partner that you bring structure. So the masculine is energized by leading. And so if you're the masculine partner and you want to bring this in, you know, to be like, I want to have a great time with you.

Can you schedule and you tell the time and the place and whatever it is. And you really handle her brain. You don't leave her confused about what, when and all that stuff.

And, you know, where something sexy or I'm going to pick out the outfit I want you to wear. It depends on your dynamics, what works right. But usually what works really well, it's kind of a kind of foreplay.

So there is communication that can act as foreplay, but. But the masculine partner is really being clear and leading and giving her like a container. And then or whichever partners, you know, you can do this with any gender.

And then the partner who is in the more feminine isn't really organizing a lot of stuff. They're mostly bringing desire, like it might just be, Hey, I want to have like an hour with you.

That's amazing. Like, when would work for you? And then you let your partner kind of set up the structure of it. And if they're like, Well, do you want to do this or that?

You know, I don't know. Like, you choose. I'll just be there. You don't like the communication you're already setting? I'm kind of riffing right here from your question, but you can hopefully you can kind of get the dynamic that you're already introducing polarity by the masculine, getting more directive and the feminine getting more energetic, more turned on, more alive.

It's less about the anyone explaining what's going to happen or why. It's that you're already using your communication to energetically polarize the two of you.

Does that make sense? Yeah. Yeah, it's perfect. I think it makes it really clear out like, yeah, there is communication, but we don't have to draw the steps around like step 1 to 3 and navigate.

This is going to happen. It's more around picking your, you know, picking your role in any given moment and acting out and becoming embodied with that particular role.

And so then the communications coming from that place. Right, exactly. I mean, really, a lot of this, we kind of get we often get overly focused on our partner and not as focused as we actually should be on our own experience.

And so are you having fun? Are you and it not everything will feel fun or turned on because you're trying new things. So there will be nerves and there will be anxiety.

A lot of what were you talking for? We think we need to explain all of this, but we're actually using it to manage our own anxiety. So the other thing I would really invite is more permission for yourself to mess it up, to get it wrong, to feel weird, to like, trust me, like long term partnerships in particular, even if they think it's a little strange.

Communication, experimentation, and holding the pose

It's so refreshing to get something new and unexpected from someone you've been with for ten years, so it's not as risky or scare. Again, these committed partnerships, you have a lot more leeway than you think you do.

And the main thing standing in the way of us having really juicy turned on relationships, partly it's the lack of the skills in the toolkit because we're not really taught this.

But then it's also our own self-consciousness, our fear, anxiety, because it does take bringing something new. It takes disrupting a dynamic that we might have fallen into.

And then we have to all I call it holding the pose you need to be willing like it might take your partner at their first reaction might be what's going on but if you can keep with your juiciness or your mystery or whatever the energy is that you're bringing a little longer past their surprise, they're going to polarize to that energy and you're going to have what you want.

But it starts with our willingness to try something new and then to keep in that energy, even if the first moment isn't exactly the response. We want it really. It's physics.

It really does work. Polarity really happens, just doesn't always happen as quickly as we think. And then, you know, just making sure that we don't draw the wrong conclusion that it didn't work when actually we just we gave such a small amount and then we took it back.

We gave it that. It's not a fair test. You can't really draw a conclusion from that. Yeah. Thank you. I think you're really doing a good job of meeting that goal that you mentioned earlier.

I just hope for people that if they've been in these longer relationships where the sex life has really just died or just become less exciting or however it wants to be labeled that there is hope, there's actionable things, and that, you know, sometimes it's maybe quick, sometimes it might be slower.

You know, the timeline might be different, but there's very, very much a clear action that is, you know, like you said, it's physics, it's nature, it works. So.

Yeah. I want to make sure that we're saying I'd wrapping up with anything that you feel like we absolutely need to say today. So is there any, like, major thing that you haven't share that you're like, oh, we got to get this out?

Well, I think we've covered a lot of ground. I mean, I would just remind everybody that all of this is within your power, whether are the masculine or the feminine relationship.

If you're single, the skill set can be built alone. I really recommend that women and men or masculine and feminine practice with their own gender because there's so much to learn and be inspired by.

It really isn't dependent on a partner to have this. It's not easy necessarily, but all of us are came here with this. And then the last piece I'll say is just nothing against Shabani or Kink or roleplaying or all these things.

They're all had their vibrators, sex toys. All of these things have interesting roles to play in relationship. But the primary skills I'm talking about in the art I'm talking about, you don't need any of that.

It's in your gaze, it's in your breath, it's in your touch. And same for you. That's feminine. I mean, I'm a little more grounded in the feminine, but same for the masculine.

And it's in your breath, it's in your presence, it's in your consciousness. There's no toy or tool you need to bring that you don't already have. And these are just practices of how we cultivate our own innate skills, our own innate toolkit that we were actually born with, that we have with us at any moment.

So again, nothing against all these various things. And I'm not speaking to true sexual dysfunction. I'm not trained in those areas where there's a medical situation.

But for the majority of us who are just a little bored and just a little longing for that turn on, we used to feel you got all the right stuff, all the right raw materials are right there with you in this moment and in every moment.

I appreciate it so much. It really not only does it make it actionable for everybody, but it also really speaks to the power that really exists in all of us.

Right? Internal power that we once we learn the skills, they're there. We don't need to spend, like you said, like money or we don't need the tool or any of those things.

It all exists from within. Yeah. Definitely. Check that out, you guys. I think it'll really help you integrate this material a lot more.

Resources, programs, and closing remarks

And then I also want to direct everybody to your speaker bio where they can get information about you, about how to work with you, and also where they can learn about your upcoming program, The Embodied Queen, which I'm really excited about.

So can you tell people a little bit about the Embody Queen as well as how they get a hold of you and we'll have all of those links for everybody? Like, like I said in your bio. Great.

So I have a company I call Sensually Embodied and it's a whole variety of offerings from, you know, one hour long online weekly classes. I do in-person classes, if anyone's in Boulder, Colorado, that's where I live to really gather together and cultivate kind of feminine embodiment.

And then I'm super. So you can learn about all that on my website, which will be posted up there, sensuallyembodied.com, but that'll be in the notes. And then I also offer private coaching retreats and upcoming.

We have a virtual course. I have been a co teacher with John Wineland, who's a great, awesome teacher. Those of you who are familiar with his work, he and I were students together for a long time under David Deida.

Then we came assistants. Now we teach. He teaches a lot more than I do because I do. I'm a big business CEO and things, but I'm doing a program with the feminine teachers that I taught with for years with John.

He doesn't offer his his feminine programs anymore. And so we're offering the Embody Queen, which is really the female version of how you find this pleasure in the body, the sovereignty, your range of emotional expression.

And most importantly, what I like to say is, as you discover and uncover and become a reveal able to reveal all of that, how you become artful at it, how you can bring that to a partner in a way that they can receive it.

And that actually evokes invites what you want. So the Embody Queen is a three month program that starts late January. You can learn about that on my website and we'd love to welcome you.

And there is really nothing like practicing for a continual committed period of time with a group of supportive, deep women who want to cultivate these same skills and bring them will have live coaching in that as well as you take us into your live, what's really happening.

So it'll be a mix of embodiment and coaching in that kind of like semi-private coaching and that. And then there is a private coaching package with that if you wish.

And I'll give my personal testimonial to everything that I've ever taken a year. It's just been phenomenal and touched me deeply. So if anybody is on the fence, I just hear my personal testimonials.

I think you will just get every, every, every ounce of what you want out of this and so many more things beyond that. So thank you from the bottom of my heart for being here, for offering this for all you do in the world.

And I really appreciate your time today, Ali. Oh, Diane, thank you so much for those words. It is always not only is it amazing to be here with you, I love what you're putting out in the world and I love it every time you bring your amazing energy into my studio or any of my programs.

So truly, truly my pleasure to be on this journey with you and all of you. Let us all have only more pleasure, a more sexual turn on and juice and fulfillment in our lives.

I think healthy turned on. Relationships are the foundation for healthy families and a world that thrives. So, yes, very, very, very important work. Great concluding words.

And thank you, everybody. We will see you in another interview. Take care till then. Thank you.